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Calgary metro

FILM FRIDAYS
Tom Hardy talks about *Legend*
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Your essential daily news | WEEKEND, DECEMBER 4-6, 2015

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Amanda Raines based her project in a Choose Your Own Adventure class from the book *Revolt of the Dwarves* by Rose Estes. She noticed it had more catastrophic endings than good ones. JENNIFER FRIESEN/FOR METRO

CHOOSE INNOVATION

ACAD students create art for English **metroNEWS**

City considers putting out more licences

URBAN AFFAIRS

Taxi industry hopes to fight Uber with more plates



Helen Pike
Metro | Calgary

With 250 more plates approved from 2014 and another 57 more still waiting to hit the streets, a report coming to council in February may recommend putting every plate out there in order to help cabs compete with Uber.

"Our recommendations on the releases are based on census data, based on population growth," said Carmen Hindson of Animal and By-law services at a committee meeting Wednesday. "We do anticipate in February recommending a significant number of plates ... potentially all of

the plates that have been approved."

Plates have been a contentious issue in the industry for years, with some brokerages asking for more and cab drivers asking the city to hold back in tough economic times. The Taxi and Limousine Advisory has already held back releases in response to stakeholder worries — but with Uber now on the table there's no holding back.

"The release of more plates will add more supply to the industry allowing for taxis to compete," said Hindson.

Roger Richard, president of Associated Cabs, said it's time the city considered releasing promised plates to cabs.

"That should have been done a long time ago. We said that what, three years ago? I don't know what the holdup was," said Richard. "The thing we've always got to make sure of is we've got the right supply for the demand, except this year, there's no doubt there's a bit of a recession."



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On the road to serious savings

INFRASTRUCTURE

Zero-based review finds efficiencies



Brodie Thomas
Metro | Calgary

The city's zero-based review on the roads department has resulted in some serious savings for taxpayers.

The roads department predicts it will save approximately \$3.4 million in productivity gains or in costs this year, when compared with the 2012 baseline.

Andrew Bissett, leader of strategic planning for roads, said the process of bringing in an outside consultant to dig down into the department's books helps them see the bigger picture.

He said the outside consultants — Western Management Consultants and ISL Engineering — went beyond the line-by-line budget numbers and questioned how the city was delivering services.

"They were looking at the value for the dollar — what does it actually cost to deliver the service?" said Bissett.

As part of the review, the consultant started with about 30 areas within roads



By having third-party consultants look at the Calgary's road budget and operations, administration was able to save over \$3 million in costs and productivity gains. METRO FILE

and zeroed in on five things they saw could be improved — pavement marking, streetlight maintenance, sign manufacturing, the Spyhill gravel crusher and pavement rehabilitation.

For streetlight maintenance,

the consultant suggested outsourcing maintenance to several service providers instead of just one.

The result was that the city was able to reduce the time it takes to respond to a streetlight service call from 42 days down to 22 days.

Councillor Shane Keating said zero-based reviews are an important part of bringing innovation to the city.

"If you don't ever look at how you're doing and what you can do differently, then you're just going to continue doing the same thing, and that's why this part of the process is so crucial."

Keating said having an outside set of eyes to look over your shoulder and make suggestions can lead to efficiencies.

"In this case, I think roads did a fabulous job," he said.

The zero-based review was

a one-off and the process will be complete with the report going to city council Monday. But Bissett said it helped the entire department change its thinking.

"Now it's really on us now to have that sense of continuous improvement," he said. "We've got data — lots of data — but having the more improved data allows us to continue to have these conversations."

\$400,000

2015 savings seen by the Spyhill gravel crusher after implementing industry standard cost-control measures. The cost per tonne has dropped from \$12.01 in 2013 to \$9.30 this year.

\$1.5 M

Approximate savings through efficiencies in paving rehabilitation. Despite a 8.5 per cent increase in labour costs and 19 per cent rise in asphalt costs, paving costs per ton remained flat in 2014.

22 days

Average time between service request on a streetlight and repair to the light in 2015 — down from 42 days in 2012, and below the target of 30 days to respond.

\$45,000

Annual savings realized after the roads department reduced the consumption of glass beads in its lane-line paint by 25 per cent.

“They were looking at the value for the dollar — what does it cost to actually deliver the service?”

Andrew Bissett, leader of strategic planning for roads

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Misty Wind Shingoose takes her converted van downtown each Sunday and offers free haircuts to those in need. JENNIFER FRIESEN/FOR METRO

Stylist gives needy fresh start, hairdos

VOLUNTEERING

Hairdresser turns van into rolling salon to give back



Lucie Edwardson
Metro | Calgary

Misty Wind Shingoose said the difficulties she's experienced in her own life have taught her that no matter what, there's always the chance and choice to "walk forward into a good light."

The 30-year-old hairstylist has made her share of bad decisions and had many personal setbacks, but said she's found a way to give back to her community through #homelesshaircuttyc, or #MistysMiracles, as her friends like to call it.

Shingoose said it all began about a year ago.

"It was my 30th birthday, and I decided to instead do a fund-

raiser so I could convert a van into a salon and do it on my own accord without having to go through a whole lot of red tape or looking back into my difficult past," she said.

Shingoose said through the help of her family, community and church she's been able to come back after spending more than four years behind bars for being involved in the drug trade and other criminal activities.

The hairstylist said she's vocal about what she's been through, and think it's important to share her story.

"I'm not really all about it being a great feel good story where I've always done great things for my community because that isn't the case," she said. "I want people to know that it doesn't matter what you've been through in life, it doesn't matter how many times you've messed up."

Shingoose has since converted a van to suit her salon needs and spends every Sunday downtown giving out haircuts, clothing and other essentials to Calgar-

GET INVOLVED

To learn more about how you can get contribute to #homelesshaircuttyc, please visit Shingoose's go-fundme page: gofundme.com/homelesshaircuttyc

ians in need.

Long-time friend Roman Savoy said he reached out to Shingoose last spring, asking her to help him get sober. Savoy has links to the homeless community, and has helped Shingoose engage with people living on Calgary streets.

Savoy, now more than a month sober, said the journey has been one of the most difficult, but being a part of Shingoose's project has given him strength.

"It really helps because I'm able to give back and it keeps me busy doing positive stuff, and when you are changing your life around, that is what you need," he said.

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Mental health a priority for nine of city's public schools

EDUCATION

Program meant to make clear the stresses students face



Jeremy Simes
For Metro | Calgary

A batch of Calgary schools — and many across the province — are helping students with real challenges that impact them, whether they're in kindergarten or Grade 12.

Wellness Empowerment Program co-ordinator Sameera Qureshi has been leading a team across nine Calgary Board of Education schools, teaching kids about mental health and how they can strive to live a balanced life.

"A lot of kids have questions about stress and, well, some of the drama," she said. "So we teach them what that stress looks like and how they can manage it."

The mental health program is among many offered at CBE schools and, as it turns out, it's meant lower drop-out rates and higher graduation rates.

"Our graduation rate is going up due to the teaching and support services available," said Elizabeth Gouthro, the director of learning at the CBE.

"When children feel emo-



I find kids aren't as good at developing friendships as they used to. They're little things that should be taken care of. Sameera Qureshi

Sameera Qureshi, Wellness Empowerment Program co-ordinator, thinks more schools should have mental health literacy programs. JEREMY SIMES/FOR METRO

tionally safe, they do really good work."

Though graduation rates have improved, indigenous students are dropping out at higher rates than their non-indigenous counterparts.

Tamara Gordon, the super-

visor of psychological services at CBE, said reasons for the school board to include mental health programming are due to the increasingly complex environment students face.

She said there's been more cases of kids with selected mut-

ism — a case where kids can't speak in schools due to anxiety — and trauma.

On top of that, students from immigrant families face the strains of adapting to Canadian culture, she said.

"We want to make sure (stu-

dents) are coming into the best environment," she said.

Through her work, the biggest issue Qureshi sees in kids at school is a lack of independence.

"I find kids aren't as good at developing friendships as they

used to," she said. "They're little things that should be taken care of."

The reason?

Social media, Qureshi suggested.

But once kids finish the program, they understand the language of mental health — something that shows the program is working, she said.

"We're seeing mental health become more accepted in schools. The stigma has gone down," she said.

"If they show good signs of problem solving scenarios and that they can deal with situations, then we see that as successful."

Gordon said kids are embracing their emotional well being, which is much better than bottling it up inside.

She said more LGBTQ students are coming out and talking about their issues because they feel comfortable.

"It's about a philosophy that says all adults have a role to play to make safe and secure environments for students," she said.

Qureshi said she hopes the Wellness Empowerment Program becomes available to all school boards.

"Literacy work should be mandatory," she said. "These are kids with minds and with home lives with a social emotional aspect, and the current curriculum across (some) schools don't address that."

75%



High School Completion Rates within three years of entering in Grade 10 All CBE students. In 2010, it was 70.8 per cent.

33%



High School Completion Rates within three years of entering in Grade 10 indigenous students within the CBE. In 2010, it was 25.2 per cent

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MURDER

Victim's brother pleads for information



Lucie Edwardson
Metro | Calgary

The brother of a man who was murdered in late September gave an emotional plea Thursday, asking anyone with information about the homicide to come forward.

Eric Burton, brother of Frank Burton, 56, who was attacked outside his home Sept. 30, and later died from his injuries,

said he and his family are looking for closure.

"This is something that's hard to deal with everyday, knowing there's someone out there who committed this crime," said Eric.

Calgary police Staff Sgt. Doug Andrus said the crime occurred around 9 a.m. at the side entrance of a pink and white house located in the 4200 block of Centre Street N, and was witnessed by a woman

and her child walking by during their morning commute.

Burton had a history of mental illness that, in the past, had caused him to have confrontations with people. Police believe it's possible his illness contributed to his attack.

Andrus said the attack would have been visible from the street, which was likely quite busy because of the morning rush hour. He said police have canvassed the area and

searched for a weapon, but haven't had any luck.

Andrus said CPS is also still looking for a suspect seen by a witness.

He's described as a darker-skinned man with a stocky build who's approximately five-foot-ten tall. At the time of the attack, he was wearing a grey hoodie.

Anyone with information is asked to call CPS at 403-266-1234.



Leslie Chisholm is worried a proposed development in the southwest will have dire consequences for her farm and wetlands on her property. COURTESY LESLIE CHISHOLM

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Farmer upset city didn't call

PROPERTY DEVELOPMENT

Learned of development next to her land on TV news



Brodie Thomas
Metro | Calgary

Leslie Chisholm knows she can't hold back the city forever.

But the southwest Calgary farmer doesn't plan on stopping her canola and barley farming anytime soon, and she wants to see the wetlands on her farm protected indefinitely.

That's why Chisholm will be in city council on Monday with a lawyer to raise concerns about the proposed Providence development in the city's southwest.

Chisholm says even though her family owns land adjacent to the project, she and her brother weren't consulted on the proposed community development which would see thousands of homes and businesses, as well as a C-Train line, over nearly 2,000 acres.

She said she first learned about the development in February of this year, when she saw a story on the evening news.

Jamal Ramjohn, coordinator of local area planning for the City of Calgary, said although Chisholm may have first learned of Providence on the news, they have since contact her on several occasions for consultation.

The story she watched was about an Area Structure Plan (ASP), which is the first step in any large development.

The ASP for Providence is slightly unusual because for the first time, the developer is paying the cost of having it done instead of taxpayers.

Ramjohn said the developer-funded ASP is still carried out by city employees as normal. The only difference is that the developer picks up the cost, rather than taxpayers, and that city council set a deadline of 36 months to have it completed.

Chisholm wants more information about how runoff from the development could affect her farmland and the wetland. Ramjohn said those sorts of reports aren't completed at the ASP level. They come later.

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Reptiles at Humane Society need help

ANIMALS

After seizing 333 exotic pets, the non-profit needs supplies



Helen Pike
Metro | Calgary

The Calgary Humane Society has put out an urgent call for reptile supplies after a large-scale seizure has left them in the lurch for a number of items including terrariums and enclosures to house the cold-blooded animals.

A CHS spokesperson confirmed Thursday afternoon their recent call out for supplies on Facebook is the direct result of an "extremely large" seizure of 333 exotic animals — including reptiles and amphibians.

"This is one of the largest and most complex seizures we have executed in our his-



METRO FILE

tory. As a result we are now caring for many reptiles and amphibians, which have very specific needs regarding food, lighting, heating and enclosures," said Brad Nichols, senior manager, animal cruelty investigations in a statement Thursday. "There is a long road

ahead as far as evidence collection, but it's fair to say charges are pending."

Details are limited at this time as it's an open investigation, but the animals come from a location in northeast Calgary.

The society noted it's rare for operations of their size to have

such a great need that they ask for public assistance. In a release they stated that as a direct result of this seizure their resources have been stretched thin.

The list of items the CHS is after include:

- Clean terrariums and enclosures for reptiles and amphibians
- Clean hiding houses and branches
- Clean shallow food/water dishes (medium to large sizes)
- Heat lamps (domes only, no cage lamps)
- Heat bulbs: 50-100 watts, infrared bulbs are best.
- UVB bulbs
- Misting and fog systems
- Sphagnum moss
- Thermometers
- Humidity meters
- Crickets and cricket food/cubes
- Pillow cases

Monetary donations can be dropped off at the CHS headquarters located at 4455 110 Ave SE.

RIDESHARE APP

Uber launches 'Why I drive' campaign

Another week, another Uber awareness campaign for the city of Calgary.

It's been about two weeks since the rideshare service was pulled from the city's streets in a court injunction. And although the service was called illegal by an Alberta judge, citizens and supporters are still reeling from the loss.

Although many of Uber's drivers only had a taste of the service, as it was only active for less than a month, the company has gathered a group to tell their stories and explain why they drive.

On the list were a mix of men and women, a university student, parents and those recently laid off in the tough economic times.

Don Carruthers, who is a semi-retired entrepreneur, even purchased a more fuel-efficient vehicle to drive for Uber.

"It's nothing like taking on a contract, because you can stop, or go at any time," said Carruthers. "That's the part-time approach that I have with it ... I was very intrigued."

Most drivers, including Carruthers, were using the opportunity to make cash on a flexible schedule, and as a part-time gig.

They can't wait to have it back. At its launch, Uber announced it had drummed up 500 drivers, and by the end of their short service time in Calgary they reached 1,752 driver partners.

HELEN PIKE/METRO



It's been two weeks since Uber was pulled from Calgary's streets. THE ASSOCIATED PRESS FILE

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Many ways to get into the spirit

Mike Morrison



It's beginning to look a lot like Christmas ... or is it?

Now that we're a few days into December, Calgary seems to be missing the once-jubilant Christmas spirit. Which sort of makes sense. Things have been feeling a bit gloomy in Calgary for a while now. Add in the recent above-average temperatures and we've now gone nine straight years without a Santa Claus parade, and it's amazing that Calgarians are feeling festive at all.

If you work in the oil and gas industry, this holiday season isn't one that you're likely used to. Gone are the elaborate parties, the holiday perks and maybe even the

Every winter, I walk by the rink at Prince's Island Park and it's rarely ever used.

few extra days off. And then there's the trickle-down effect for the rest of us.

But a gloomy December doesn't mean we shouldn't be celebrating. For many, Christmas is the best time of the year. You get to see your friends and family, and egg nog is readily available.

The great thing about Calgary is that while there is lots to do to get in the holiday spirit if you're able to spend some money, there's probably even more if you're looking to save some money.

One of my favourite places to enjoy the season in Calgary happens to be on ice. The rink at Prince's Island Park is still relatively unknown, despite its central location and picture-perfect setting. Why not grab a cup of hot chocolate (maybe a dash of Irish cream) and organize a skate night? Every winter, I walk by and it's rarely ever used. While you're downtown, take a stroll down Stephen Avenue and take in the absolutely stunning icicle light display. Same goes for the Calgary Tower;



Times are tougher in Calgary, but there's no excuse not to open your heart up to a little Christmas cheer. JENNIFER FRIESEN/METRO

if you haven't been wowed by its new LED light shows, you're definitely missing out. Depending on where you live, the Christmas light display at Spruce Meadows can be a bit of a drive, but it's always worth it. This weekend, the Holiday Fest n'

Film takes over St. Patrick's Island. Chestnuts roasting on an open fire, hot chocolate (BYOIC), photos with Santa, horse-drawn sleigh rides and an outdoor screening of The Polar Express at 2 p.m. Similar events happen in both Kensington and Inglewood.

Those with money to spend will find some pretty safe bets, like Theatre Calgary's A Christmas Carol, the Calgary Zoo's ZOOLIGHTS, A Merry Market Collective or Once Upon a Christmas at Heritage Park. They'll put you in the holiday spirit,

without breaking the bank. This Christmas will look different for every Calgarian, but don't worry about what everyone else doing. Celebrate with the ones that love you the most, and you'll begin to feel the Christmas spirit in no time.

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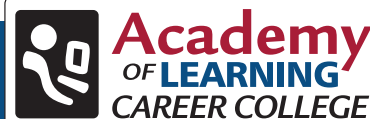
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Schools to form LGBTQ policy

EDUCATION

61 boards asked to submit by March 31



Aaron Chatha
Metro | Calgary

School boards across the province will be getting more direction in January from Alberta Education on how to structure LGBTQ.

Education Minister David Eggen has asked all 61 school boards to create policy, to be submitted for review by March 31, 2016. A previous Metro investigation revealed only about 25 per cent of Alberta school boards already had a policy in place.

In an interview with Metro, Eggen said he has high expectations of each policy.

"People have to adhere to the letter of the law," he said. "People can develop their own policy.

That's an organic way which people can internalize and own what they're faced to do. But the law doesn't change."

Rebecca Sullivan, director of the Women's Studies Program at the University of Calgary, said it's vital for school boards to have a clear indication of the essential elements of the policy. Sullivan said any policy must be drafted in a way that gives security and dignity to gender and sexually marginalized students, and isn't framed around community standards or fundamental values.

"Often that's code for, 'We need to preserve the right to continue to oppress the most marginalized people who do not fit our community standards.' This has been really clear in the trans debate where the decision was, no, we cannot allow a trans girl to use the girls washroom because it makes us uncomfortable," said Sullivan, referencing a recent controversy in the Edmonton Catholic School District. "Get over yourself.

"If you're a girl, you should

"We can do this in a very civilized, reasonable and organic sort of way to ensure that people are not discriminated against based on sexuality ... It's 2015, man."

David Eggen

use the girls' washroom,"

She said key areas to consider are rights to gender and sexual expression, and the right to access spaces to which students are affiliated, the right to bodily autonomy and the right to consent.

"Laying out a few principles could be really helpful for these vast bureaucracies to not play guessing games," she said.



Education Minister David Eggen is working on specific guidelines for Alberta's school board to draft a policy that protects LGBTQ students. CANADIAN PRESS FILE

GSA UPDATE

Minister enforcing Bill 10
Education Minister David Eggen feels the previous government didn't have enough structures in place to support setting up Gay Straight Alliances (GSA) in schools — a process he's been tackling since entering office.

In an interview with Metro, Eggen said he felt that when the Progressive Conservatives set up Bill 10, they didn't build a solid infrastructure around it. Bill 10 requires the establishment of GSAs in schools where students request it.

"There was a law on paper, but it's like a speeding law with no cops to actually stop the cars," he said. "We're there and we're executing it. We're actually getting the job done. It's been a challenge for sure, but it's worthwhile."

Eggen said he has met with every one of the 61 Alberta school boards to ensure they're fulfilling their duties and going through with the process. AARON CHATHA/METRO

BILL 5

Docs worried over salary disclosure

Alberta's doctors are concerned about having details of their pay made public under the province's expanded salary disclosure legislation.

The Alberta Medical Association has sent a letter to the government stating their objection to Bill 5, the Public Sector Compensation Transparency Act.

The bill — introduced last month — requires the disclosure of high-end salaries for all employees of public sector bodies, including Alberta Health Services and post-secondary institutions.

Dr. Carl Nohr, the association's president, says in the letter that publicizing members' salaries will not give the public an accurate picture of doctors' incomes because it won't take into account their high operating costs.

Nohr also says revealing the information could lead to unintended consequences, such as criminals targeting doctors' homes and families.

Health Minister Sarah Hoffman says she understands the association's concerns, but she believes the public deserves to know what the

"We really value the contributions of physicians, and I think that Albertans have a good reason to want to know what the compensation level is."

Sarah Hoffman

government is spending on public services, including pay for doctors and teachers.

THE CANADIAN PRESS

SUNSHINE LIST

Bill 5, The Public Sector Compensation Transparency Act, will increase transparency by requiring the disclosure of compensation paid to a variety of public sector employees who work for boards, commissions, post-secondary institutions and health service entities.

EDUCATION

U of C students pipe up on Mac Hall debacle: 'The sky is not falling'

The Graduate Students' Association, representing 20 per cent of the University's student population is asking for continued negotiations in the MacEwan Student Centre dispute and dispelling campus hysteria on the topic.

The union is currently in the midst of a legal battle with the University of Calgary over the ownership of MacEwan Hall, the student-run building on campus. The back and forth on the argument has been publicized both on campus and by Calgary media.

"The sky is not falling, no matter how some might be stoking the fires of this situation," wrote Mike Webster, President of the Graduate Students' Association, in a release Thursday.

"The way this situation has been reported in the media has been one-sided and we encourage people to seek the facts from both sides."

His association is calling for a return to the negotiation table.

HELEN PIKE/METRO

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Non-profits feel squeezed

FINANCE

Calgary organizations expect dismal new year



Lucie Edwardson
Metro | Calgary

It's déjà vu for Calgary non-profits and charities experiencing low revenue, but the Calgary Chamber of Voluntary Organizations (CCVO) said the organizations saw it coming.

Geoff Braun, director of policy and resources for CCVO, said the trends they're seeing in their 2015 fall economic climate survey are similar to those during the last economic

downturn.

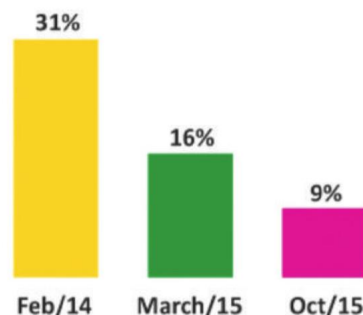
"This is similar to what we saw in 2009. Perhaps not as pronounced," he said. "In 2009 it was a very sudden economic decline, whereas here it's been more incremental, we've had sustained low oil prices and the impact on the Alberta non-profit sector has been more gradual this time around."

Nonetheless, Calgary non-profits are struggling this year as they attempt to meet needs with constantly fading resources.

According to the survey, 47 per cent of organizations are reporting decreases in total revenue, and 53 per cent reported decline in corporate donations, although government funding has remained moderately stable.

Braun said given sustained

My organization's financial situation will improve in the next 12 months



Only 9 per cent of non-profit organizations believe their financial situation will improve over the next 12 months. CCVO

low revenue for these organizations, it would take time to get back to a more comfortable financial position.

"There will be a lag in terms of money getting back into the sector," he said. "In the interim, a lot of the service-oriented

organizations struggle to meet demand while dealing with decreased revenue."

But, according to the survey, it doesn't seem as though organizations are optimistic for the coming year, with only 9 per cent of them saying they foresee financial improvement in the next 12 months.

Just last month, five per cent of Calgary Stampede employees were handed pink slips — that's 19 of 380 full-time employees let go — to "retool the organization" and make it through the economic slump.

Braun said when CCVO surveyed back in March, non-profits were in "planning mode," and anticipating tough choices.

"What we're seeing this time around is that they're acting on those situations or scenarios that have developed," he said.

+ CHARITY

United Way gift catalogue to inspire giving

Lucy Miller, CEO and president of United Way of Calgary said their agencies are under a high demand right now, and it's only going to go up during the Christmas season.

The United Way has come up with a unique way this year to help Calgaryans give to those in need with their new gift catalogue — it's filled with items to give to families in need, and those who have a tough time with Christmas lists may be able to give back through this resource.

"There's no shame or stigma in asking for help in difficult times," Miller said. "It makes people feel good to help other people."

HELEN PIKE/METRO

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POLICE

Teen wanted for bear spray attack on bus



Helen Pike
Metro | Calgary

A Calgary transit rider finally has closure after a September bus ride ended with a dose of bear spray.

Police say they have a warrant out to arrest the 17-year-old boy they believe is behind a Calgary Transit bear spray attack that affected upwards of 20 passengers more than two months ago.

Jonathan Roveredo, one of the victims aboard the bus, considered himself lucky at the

time, as quick thinking made him one of the first passengers off the bus.

"It definitely gives me some kind of closure that he's been identified and being charged for it. It's good we're cracking down on this as well, because if we don't then people will think it's OK to commit crimes like that."

Calgary Police Service said they're charging a male youth with 14 counts of assault with a weapon after he allegedly emptied a can of bear spray on a Calgary Transit bus in September.

"Rightfully so," said

“He deserves a charge of assault from each of those people.”

Bus passenger
Jonathan Roveredo

Roveredo. "He came onto the bus and he bear maced a crowded bus full of people. He deserves a charge of assault from each of those people."

According to police, on Sept. 28 around 7 p.m., Calgary po-

lice were called to the 6300 block of 1 A Street SW. Police said three men had boarded a bus, got into an argument and attacked each other with bear spray.

Witnesses on the bus were caught up in the confusion and eventually made their way to a nearby car dealership to rinse out their eyes.

According to Roveredo, a teen directed the bear mace spray at bus passengers inside and as they were leaving the bus.

The accused can't be named under the Youth Criminal Justice Act.



Victims of a bear spray attack on a Calgary Transit bus fled from this bus stop into the House of Cars dealership across the street to receive first aid. JENNIFER FRIESEN/ FOR METRO

Premier stands firm, says farm bill is about dignity

LEGISLATION

Proposed law could rip rural life fabric, say opponents

Alberta Premier Rachel Notley moved Thursday to quell a maelstrom of discontent over her farm safety bill by saying it's foremost about safety and dignity.

"I will never be able to accept the fact that injuries and deaths caused by workplace accidents (on the farm) are simply a fact of life," Notley said at a media availability.

"I could not — and cannot in good conscience — and will not ignore the lessons of their losses.

"We will pass this bill this fall. Those wage-earning farm workers will receive compensation (if injured) and will have the right to refuse unsafe work."

Notley added that the government will talk to farmers in the coming months about how to "tweak the other newly applied rules in a way that respects the family farm, just as has been done in every other province in the country."

Notley once worked as a Workers' Compensation Board injury claims lawyer and, in response to a question, agreed that the farm safety bill has special meaning for her.

"It is a little bit personal."

She said she has long been

disturbed that in a province built on the ethos of people helping people, "we somehow have this little exclusion, where paid farm workers, who are often the most vulnerable workers we have, are somehow exempted from the most basic of employment protections."

It was Notley's first day back at the legislature following a trip to Paris for the UN-sponsored climate change summit.

There have been several protests and demonstrations by farm groups over the proposed farm legislation. The bill calls for injury compensation benefits and occupational health and safety rules for 60,000 farm workers across Alberta. It also introduces workplace standards on commercial aspects of farming as well as the right for workers to bargain collectively.



We will pass this bill this fall. Those wage-earning farm workers will receive compensation.

Premier Rachel Notley

Farmers, and opposition leaders, have argued the bill is trying to do too much too fast, threatens the viability of family farms, and could rip the cultural fabric of rural life.

They are asking Notley to pull it pending further consultation.

Earlier Thursday, more than 1,000 protesters rallied on the steps of the legislature as a singer mocked Notley to the tune of the popular children's song "Old MacDonald Had a Farm."

"Now a Bill 6 here and a carbon tax there. Here a tax, there a tax. Everywhere a tax, tax. Naughty Notley runs the



Despite repeated rallies, like the one pictured here in Okotoks that drew more than 200, Alberta Premier Rachel Notley is standing firm on proposed farm safety legislation Bill 6.

JENNIFER KRAUSE/CONTRIBUTED

show," sang protester Becky Hull. The crowd then shouted: "E-I-E-I-O!"

Opposition Wildrose Leader Brian Jean promised the crowd he will stand with them.

"We want a premier and government that No. 1 represents the people and does what they want — because they're the boss!" Jean said to cheers.

In Lethbridge, hundreds of farmers arrived on tractors, in trucks and aboard big rigs to express their concerns to Labour Minister Lori Sigurdson and Agriculture Minister Oneil Carlier at a public consultation meeting.

The bill remains in the middle of the second stage of debate in the house. The govern-

ment has sat late into the night in recent days to discuss it.

The government plans to introduce an amendment as early as next week to make it clear the bill is not intended to cover children who help out on family farms or neighbours who volunteer to pitch in when things get busy.

THE CANADIAN PRESS

TESTIMONY

Kent made 'divisive' comments, insider says

Arthur Kent's campaign chairman says he considered quitting because of the candidate's "divisive" remarks about his own party and its leader during the 2008 Alberta provincial election.

Bruce Thorpe was testifying Thursday for the defence in the former television journalist's defamation lawsuit against Postmedia, the National Post and former columnist Don Martin.

Kent, who became known as the Scud Stud for his live Gulf War reports, took exception to an article by Martin headlined 'Scud Stud' A 'Dud' On The Election Trail which portrayed him as an ego-driven, out-of-control candidate.

The column, published in several newspapers and available online for nearly five years, also mocked Kent's stint at NBC. Martin described him as "a hunky bear-witness reporter" who "got female hearts pumping."

"The Scud Stud will land in politics with a thud," Martin wrote. "He should pray to lose so his 'star' qualities will find another place to shine."

Thorpe testified that the campaign team's core members became concerned about Kent when he expressed anger over then-premier Ed Stelmach cancelling a breakfast fundraising appearance earlier in the campaign. Thorpe said he was getting tired of having to deal with a number of "landmines."

"Arthur was starting to make comments that were not favourable in our view as being a team player. It was starting to be a bit divisive as far as getting volunteers together."

Thorpe said things got worse after Kent's criticism of Stelmach. THE CANADIAN PRESS

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MEDICAL COMMUNITY

Researcher targets old health practices

A University of Calgary researcher hopes the health-care system can shed itself of old, ineffective practices that aren't exactly needed.

Dr. Daniel Niven, intensive care doctor with the Department of Critical Care Medicine at the U of C's Cumming School of Medicine, has developed a model with other researchers to do exactly that.

The model identifies and prioritizes practices that should be

removed, targets those barriers to removal, and gives measures so providers don't fall back into old habits.

He said ineffective practices are having negative impacts on patients and the health care system.

Such practices include using tight blood sugar control when administering insulin through an intravenous, he said.

A study regarding that practice in 2001 found it saved lives,

resulting in it becoming a standard of care.

However, a 2009 study that used a larger and more representative sample of patients found that tight blood sugar control had harmful effects and was associated with decreased survival.

But with those newer findings, little has been done to change the practice, he said.

Why are doctors hesitant to start practicing newer methods, given the more comprehensive

research and health-care cost savings?

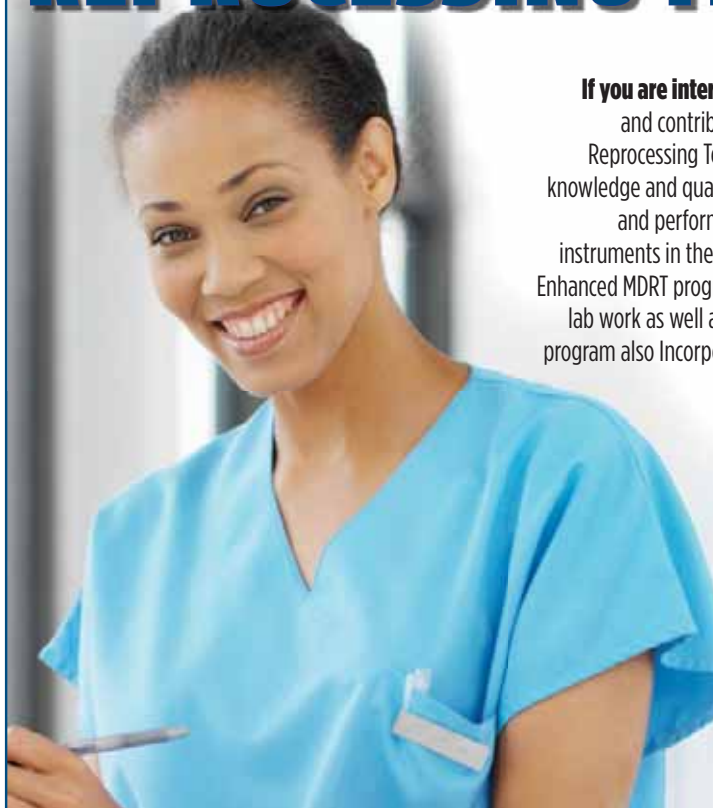
Dr. Verna Yiu, vice president of Quality and chief medical officer with Alberta Health Services, said doctors have to be absolutely sure of studies — or “beyond reasonable doubt” — before changing their methods.

Niven said he hopes the study “awakens” the medical community, and sheds light on what new adoption could mean for the system. JEREMY SIMES/FOR METRO

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About 3.5 kilometres of riverbank near the communities of Douglasdale and McKenzie Lake are slowly crumbling, and need attention. JENNIFER FRIESEN/FOR METRO

Riverbanks crumbling

EROSION

Council will to decide on erosion plan



Brodie Thomas
Metro | Calgary

Council will decide Monday whether or not to move forward with a plan to prevent riverbank erosion in the communities of Douglasdale and McKenzie Lake.

D'Arcy Duquette, president of the McKenzie Lake Community Association, said the eroding slopes around the Bow River have become a safety issue for people who use the riverside pathway.

“Those slopes are 40-50 feet deep and they're straight down to the river,” he said.

The city's report on the slopes says floods and heavy rainfall events over the past 10 years have led to general instability along the pathways and near some homes.

“They wanted to close the pathway permanently, and we said no — that's not the

solution,” said Duquette.

He said a five-day census of the pathway showed 2,000 people using it each day.

Duquette and other members of the community association put together a proposal on stabilizing a 3.5 kilometre stretch of the path for the standing committee on transportation and transit. He said the committee approved the suggestions unanimously.

Now it will be up to council to make the final decision.

Coun. Shane Keating said there's no danger of anything falling in the river tomorrow, but it's the sort of work that needs to be done sooner rather than later.

He said engineering reports show parts of the pathway, which is in his ward, have fallen below the required safety factors.

One section of the slopes were fixed with a caisson wall, but it will be up to engineers to find a solution for the larger 3.5-kilometre section that needs attention.

Due to the tendering process, Keating said no reports on costs are available on the potential project.

“

These slopes are 40-50 feet deep.

D'Arcy Duquette



Coun. Druh Farrell, above, takes on Calgary blindfolded to see what it's like to walk around the city with limited vision. City staff in wheelchairs, top right, need the doors at the Municipal Building held open to roll through. City employees concentrate hard as they attempt their first ramp in a wheelchair. Coun. Farrell gets advice on the proper use of her cane, then it's lights out. It took her some time to navigate her own stomping ground, the municipal building. ALL PHOTOS BY HELEN PIKE/METRO



A first-hand look at accessibility issues

PLANNING

Tour reveals challenges facing the city's disabled



Helen Pike
Metro | Calgary

If you woke up tomorrow in a wheelchair, or unable to see, would you be able to go out alone and meet a friend for coffee?

On Thursday, people from Calgary's Transportation and

Planning, Development and Assessment departments, members of the Calgary Construction Association, and not-for-profit organizations, along with Coun. Druh Farrell, put the city's accessibility to the test.

Sitting in wheelchairs, strapping on noise-cancelling ear muffs and taking a blindfolded walk, the group of about 10 able-bodied people took on the task of travelling from the municipal building, for coffee at the Simmons Building. There were challenging points along the way — a short transit ride, crossing busy roads and dealing with the cobblestone on Stephen Avenue. “They’re essentially taking

+ THE DEBRIEF

- Ramps are too steep, sometimes slippery and have tight corners
- What’s helps some disabilities may hinder others
- Signage is often insufficient
- Wayfinding shouldn’t just be for pedestrians but also identify accessible routes. HELEN PIKE/METRO

on a disability for a day,” said Jeff Dyer, executive director of accessible housing and chair of the advisory committee on accessibility. “It’s an opportunity

for us to learn and have a better understanding of the barriers that people face in our city; definitely it’s an infrastructure conversation today.”

In July, Farrell submitted a notice of motion aimed at increasing affordable, accessible housing and examining and retrofitting city buildings she said aren’t easily accessible. The tour took that a step further.

“Today it’s about what we can learn by putting ourselves in other people’s shoes — other people’s chairs,” she said.

“We have a long way to go,” she said. “Hearing from people with mobility issues, they say Calgary is very inaccessible.”





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Feeling a little more alive, inside and out

DRAMA

MacIvor proud as production challenges his eager charges



Jeremy Simes
For Metro | Calgary

It's a project that's made Bianca Miranda feel alive, even when she's out of character.

Miranda, a fourth-year University of Calgary drama student and actress, plays Violet in Daniel MacIvor's *Inside*, a play that introduces you to modern dwellers on a quest to find their way inside.

The synopsis may sound vague, Miranda admitted. However, she said all nine characters are complex and, if you watch it, you'll be able to spot the thread that connects them.

MacIvor used the same ap-



The cast of Daniel MacIvor's *Inside*. Back row from left: Onika Henry (Kara), Vanessa Jetté (Audrey), Kris Vanessa Teo (Mary), Nick Wensrich (Mason), Paige Thomas (Jeanie) and Dylan Forkheim (Brian). Front row from left: Keisha Cheesman (Sana), Brandon Huszti (Todd) and Bianca Miranda (Violet). CONTRIBUTED

proach with the U of C students when he wrote the play to teach acting students at the National Theatre School five years ago. He taught the students over the semester, and each of them received a tailor-made script for their characters.

He said he met with the class to get a better sense of who they are, so he could figure out their

strengths and find adjustments to determine their characters.

Miranda's character, Violet, is one who's outgoing, yet doesn't question why she's treated poorly at times.

"It's a hard concept to embrace," she said.

There's one thing, though, that Violet excels at, Miranda added. She's someone who's

always in the moment. As it turns out, being in the moment is what MacIvor has taught his students.

"With this play, I'm very much alive and, if I trust my body, it'll come through," she said. "But being in the moment doesn't have to stop at the classroom level — I'm finding that genuine connection outside of this."

MacIvor wants young actors to become more familiar with newer playwrights, not your typical Shakespeare, he said, affirming older material still has its place. Though he doesn't particularly like the word, MacIvor said he's, in fact, proud of the students.

"They're doing their best work and they really followed the path I've offered them," he said. "Generally, I feel happy about the whole experience."

Inside plays every night at the Reeve Theatre until Saturday at 7:30 p.m. and tickets are available at the door.

STANDUP IDEA

Ensuring comedy is recession-proof

A recession is no funny business.

According to comedian Terry Hollas, people need a little laughter in their lives, given Calgary's struggling economy.

In fact, Hollas is charging 50 per cent less than he normally does for companies looking to hire comedians for holiday parties.

"People can't afford the normal price right now," said Hollas with Have A Fun Productions. "They have nothing left in the budget to afford comedians."

Hollas normally performs for companies during this time of year, adding he doesn't mind cutting his normal prices by 50 per cent.

"There's no real travel time in most cases and it's commission free," he said.

Hollas has been part of the scene since 1996, after being a DJ in various small towns in western Canada.

He's opened up for comedic acts like Brent Butt from Corner Gas and other Canadians like the Guess Who and Maclean & Maclean.

He said he offers a clean



Terry Hollas hopes laughter can lighten people's mood about the recession.

CONTRIBUTED

style that's funny without profanity.

"This is the time to laugh," he said. "I think entertainment and comedy have always been a default in an economic crisis."

You can call Hollas at 403-807-9507 for prices. Packages include one comic for a 30-minute show, two comics for 45 minutes, or three for 60 minutes.

JEREMY SIMES/METRO

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Student Lori Anderson created a children's fabric book based on **Villains of Voltornus** by Jean Blashfield Black for her adventurous English class. JENNIFER FRIESEN/FOR METRO

An adventure that jumps off the page

EDUCATION

How English 217 turned into a class out of the ordinary

Jeremy Simes
For Metro | Calgary

Lori Anderson signed up for Derek Beaulieu's English 217 class earlier this year simply because it fit perfectly with her timetable.

Little did she know she wouldn't be writing countless essays. Instead, Beaulieu got the class to read choose-your-own-adventure books and create an artwork resembling their story.

The results came in Thursday morning, and you could spot newly programmed video games, ceramics and maps of all sorts.

Anderson decided to make an interactive children's book

from fabric. She based her creation on the book **Villains of Voltornus** by Jean Blashfield Black.

Every page of her version was meticulously crafted and, if you don't play it right, you could wind up in volcanic lava, among a sea of other disastrous endings.

"I can't even count the hours I spent on this," said Anderson, who plans to major in visual communications. "I was definitely up until 2 a.m. almost every night."

Fourth-year ceramic student Angela Coram created her piece from the book **Mystery of the Maya**, by R. A. Montgomery.

She said she wanted to capture Mayan tradition in her

work, whether that's how the lines are drawn or the use of symbols.

The challenge for her was to create something visual out of text, but, at the end of the day, it was worth the effort.

"It was really interesting to figure out how to best represent the book without completely overwhelming myself," she said. She liked the idea of Beaulieu offering an English class that let students use their creative skills.

"We are an arts school," she said. "I like reading stories and I like ready art so, yeah, this class was kind of the perfect fit."

Anderson said the class was fantastic. "(Beaulieu) really gets you to think," she said. "It was fun, but also kind of random."

Beaulieu said he was extremely impressed with the students' creations.

"It's all about how they see storytelling in their project," he said. "And it's been really astonishing to see all of this come to form."

It's all about how they see storytelling.
Derek Beaulieu



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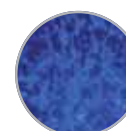
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POLICE

Mayor speaks too soon about new unit



Lucie Edwardson
Metro | Calgary

Mayor Naheed Nenshi jumped the gun last week while speaking in council about a new arrest-processing unit slated for Calgary.

Calgary Police spokesman Kevin Brookwell said all that can be confirmed is that there have been preliminary discussions.

"At this point and there have been no firm commitments with respect to funding or

location," he said.

A spokesperson for Nenshi said the mayor misspoke, and although there will be more to come regarding a new arrest processing unit, they still aren't sure on a timeline.

Brookwell said he's heard chatter on a few potential locations.

"They were looking at the court building downtown or out at the Spyhill jail site," he said.

"But I don't know if we ever got to a point of confirming either of those locations."

CRIME

Ads help snare illegal coyote pelt sellers

Two Alberta men have received fines totalling more than \$5,000 for wildlife violations in Saskatchewan that included the illegal sale of coyote fur.

The Saskatchewan Ministry of Environment says suspicious social media ads sparked an investigation that began in January of this year into the sale of coyote pelts harvested in the province.

The investigation led to three charges being laid under the province's Wildlife Act and Regulations.

Justin Wagner and Kyle Evans,

both of Leslieville, Alta., pleaded guilty Nov. 16 in Saskatoon provincial court.

Wagner was fined \$3,750 for selling fur animals without a licence and using another person's licence, while Evans received a \$1,400 fine for not having a licence to sell fur animals.

Both men are also prohibited for one year from buying or holding any fur, bird or game licences in Saskatchewan.

All coyote pelts seized during the investigation were forfeited to the Crown. THE CANADIAN PRESS

IN BRIEF

Racist graffiti discovered on Calgary Transit

Calgary Transit has a cleaning crew on its way to remove racist and hateful graffiti from an escalator and CTrain car noticed Thursday.

A photo surfaced on twitter from Tuscany station where the escalator had been sprayed in silver paint with the misspelled words:

"F--K Syrea, Kill Musilums." A CTrain car was also reportedly hit.

"We've taken immediate steps to remove the graffiti," said spokesperson Ron Collins.

"Our camera information may have hopefully captured some clues as to who may have done this," said Collins.

METRO



Images of hotel rooms used by the province that have come under some scrutiny in the past for being in poor condition. METRO FILE

Use of motels as housing on the rise

PROJECT WATCH

Minister says problem can be linked to bad economy



Ryan Tumilty
Metro | Edmonton

The Alberta government's dependence on expensive motels for emergency housing continues to grow despite a concerted effort to change the situation, which has left many forced to live in squalid conditions.

In the province's 2014-2015

fiscal year, 2,412 people were housed on an emergency basis in Edmonton and 448 in Calgary, at a cost of \$6.7 million.

Earlier this year, Metro reported many of the motels used for emergency housing had become part of an investigation dubbed "Project Watch."

That investigation revealed many of the motels being used for housing were in squalid conditions.

Since those reports, the province has found permanent housing for 197 families and has

blacklisted several motels, but demand has grown — in just the first seven months of this fiscal year, the province housed 1,404 clients in Edmonton and 110 in Calgary at a cost of roughly \$4 million.

While Calgary's numbers are on the decline, it appears Edmonton's could eclipse last year's totals.

Human Services Minister Irfan Sabir said the problem is linked to the difficult economy.

"Part of the reason the number went up is that demand for those services has gone

up as well," he said.

Sabir said the government is dedicating more funding to women's shelters and preventive measures in an effort to help people before they need emergency housing.

"Certainly more needs to be done, but we're confident we will see change. We will see results," he said.

The long-term solution, he added, is a strategy to build more affordable housing.

Edmonton mayor Don Iveson said the new numbers show the province has money to address the housing problems, but needs to spend it more effectively.

"The money they are wasting on motels right now would go a long way to build [affordable housing] projects."

“Certainly more needs to be done, but we're confident we will see change. We will see results.”

Irfan Sabir



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Craig Pearce and Brandon Parsons drew upon their own experiences as parents to make the site. COURTESY CRAIG PEARCE

Daycare IQ gives parents a clue

EARLY EDUCATION

New startup helps parents choose right preschool



Aaron Chatha
Metro | Calgary

When Craig Pearce was searching for a day home for his daughter, he found he was inundated with forms – often 20 pages long, all required to be filled out by hand, just to get his one-year-old on a wait-list. This experience led Pearce to create his start up Daycare IQ, with co-founder Brandon Parsons.

“When we started doing some research, we saw that every daycare, preschool and

day home has a different process, different forms, different fees and some you even need to fax in,” said Pearce.

DaycareIQ.com aims to place all of Calgary’s daycares, preschools and day homes on a map, and allows you to search for the nearest one to your home based on your child’s age group. The website also provides information on accreditation and incident reports.

“We’re the only site out

there that has the inspection data,” said Pearce. “That stuff is on the provincial website, but you have to flip back and forth between pages to get it. We put it all together so it’s really easy to find out if this place is doing well or not doing well.”

The next step for Pearce and Parsons is to get more daycares on board, so that parents need to fill out only one form and can submit to multiple locations.

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E-COMMERCE

Snow removal app is around the corner

It’s 6 a.m., you’re struggling to get the kids ready for school and juggling phone calls from work when you open the garage to see nature’s most recent gift: a fresh mountain of snow on your driveway. Now one Calgary developer has a simple response for those with no time to break out the shovel and snow boots: an app called MowSnowPros.

It’s described as Uber meets College Pro, for snow removal and lawn maintenance.

Aidan Klingbeil ran his own landscaping company through high school and college, and said he got the idea from customers who preferred to pay per snow-

removal visit, instead of on a monthly contract.

Klingbeil said he’s now applying that concept to MowSnowPros, which will set up clients with the nearest MowSnowPro in their area. Payments are automated through the app, meaning the client doesn’t have to be home. MowSnowPros bring their own equipment.

He’s hoping it will appeal to students who are looking to make a bit of money on the side.

Currently the app is in its testing phase, and Klingbeil hopes to release in for iOS and Android in January. For more information, or to request early access, visit <http://mowsnowpros.com>.

AARON CHATHA / METRO

“(Users) can just log on, click the request button and someone comes along and does it.”

Aidan Klingbeil



Aidan Klingbeil’s app MowSnowPros will arrange shoveling this winter for those who want it. AARON CHATHA / METRO

PROVINCIAL MANDATE

Regulator won’t split energy duties: Notley

The Alberta government appears to be backing away from the idea of splitting the duties of the province’s energy regulator.

Premier Rachel Notley said last June that she was concerned about the Alberta Energy Regulator being responsible for both promoting energy development and for protecting the environment.

Last month, the government announced that it is reviewing all provincial agencies and boards, including the regulator, to ensure value for taxpayers.

Energy Minister Marg McCuaig-Boyd has sent a letter to Gerry Protti, the regulator’s chairman, since then that says the review will not include the agency’s regulatory mandate.

THE CANADIAN PRESS

Sponsors give refugees hope

IMMIGRATION

Paperwork and waiting precede trip out of Jordan

The Alhajalis are animated, talking over one another as they compare the prosperous and peaceful pre-revolution life they enjoyed in Syria to the daily struggles they now face as 10 of the 630,000 Syrian refugees in Jordan.

Even though they're heading soon to the safety of Canada, the fear of Syria still hovers.

"All we want," says Razan, 28, wife of Emad, also 28, "is some peace and some security."

In a matter of days, they hope to be on their way there — Razan and Emad's family is among the 10,000 privately sponsored Syrian refugees likely to be in Canada by year's end as part of the Liberal government's commitment to resettle 25,000 of them by the end of February.

Awad Alhajali, 34, and his wife Asmaa, 34, are eventu-



LEFT: Syrian refugee Awad Alhajali from Kherbet Ghazalah, Syria, and his wife Asmaa sit with their children, Obaida, 5, Adnan, 9, Abedr, 2, and Obada, 7, left to right, in their apartment in Irbid, Jordan. The family is waiting for approval to immigrate to Canada. **RIGHT:** Headwaters Refugee Group chair Brian Logel with his wife Philomela at the Westminster United Church, in Orangeville, Ont. **LEFT:** CHRIS YOUNG/THE CANADIAN PRESS; **RIGHT:** PAUL CHIASSON/THE CANADIAN PRESS

ally bound for Canada as well, having found their own private sponsors in the same community — Orangeville, Ont.

About 14 months ago, a Canadian friend of a friend of Ra-

zan and Emad pointed out the private sponsorship system and offered to help with the paperwork.

A connection was made eventually with a group from

Westminster United Church in Orangeville, Ont., hoping to sponsor a family. The paperwork was filled out, and then the waiting began.

A month ago, they were



called for their health exams, and they have handed over their passports for what they believe are exit visas.

Now they await the phone call telling them when their

+ ON THEIR WAY

Syrian family to head to Orangeville Dec. 14

Brian and Philomena Logel are making arrangements to welcome the Alhajalis into their own home, if only until a more permanent home is found for their Syrian charges.

Word came down Sunday that the Alhajalis had received their exit visas and now they're heading to Orangeville, Ont., on Dec. 14. THE CANADIAN PRESS

flight will depart for Canada.

They've heard Canadians are warm and welcoming, and don't fear the experience of moving to a culture so different than their own.

"The general situation here is that nobody likes to help, nobody wants to help," Emad says. "So, it's a surprise when people across the world want to help you."

Razan jumps in.

"It means the world is going to be OK." THE CANADIAN PRESS

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66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

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Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

deals in U.S. property?" The answer is an emphatic YES.

Real estate investors on the Turnkey Trainings team know the right way to buy property. No matter what the economy is doing. Using their proprietary techniques, you too can find screaming bargains in the U.S.

They will reveal these breakthrough strategies at the FREE events in the Calgary area. When you attend you'll see many successful current and former and students who made a bundle in U.S. real estate.

The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

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- How to beat the house flipping wizards by becoming a wholesaler to hedge funds
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Liberal MP Regan becomes Speaker

POLITICS

MPs elect veteran to role in House of Commons

MPs have elected Liberal Geoff Regan as Speaker of the House of Commons.

Regan, 56, who represents the riding of Halifax West, was first elected in 1993, defeated in 1997 and then re-elected in 2000, and has served as MP ever since. He defeated fellow Liberals Denis Paradis and Yasmin Ratansi and Conservative Bruce Stanton.

Regan is the son of former Nova Scotia premier and federal cabinet minister Gerald Regan, and his wife, Kelly, is a member of the provincial legislature.

Ottawa-area MP Mauril Belanger was expected to also be a candidate, but revealed



New Speaker of the House of Commons Geoff Regan, right, delivers his acceptance speech on Parliament Hill in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

on Monday that he has amyotrophic lateral sclerosis — ALS or Lou Gehrig's disease — and withdrew from the race.

Conservative MP Andrew

Scheer, who held the post since 2011, opted not to run again, choosing instead to serve as Opposition House leader.

The election comes a day

ahead of the Trudeau government's first throne speech, to be delivered Friday by Gov. Gen. David Johnston.

THE CANADIAN PRESS

APPOINTMENTS

Regular folks can apply to be Senator



Michael Woods
Metro | Ottawa

+ MOVING ON

Demers calls it a day on Conservative caucus

Sen. Jacques Demers announced Thursday he is quitting the Conservative caucus — the second Tory senator in two weeks to decide to sit as an independent. He's following the lead of Sen. John Wallace.

Demers said he was uncomfortable with some of the machinations involved in the Senate expenses scandal and chafed at having to vote the Conservative party line all the time. THE CANADIAN PRESS

So you want to be a Canadian senator?

Well, dust off your resume, because ordinary Canadians will be able to apply for an appointment to the Red Chamber under the Liberal government's new appointment process.

The government announced Thursday it's establishing a five-member advisory board to recommend Senate appointees "guided by public, merit-based criteria," a system the Liberals say will make the Senate less partisan and more effective.

"Individual Canadians will be able to apply to be considered for appointment to the Senate through this independent and open application process," Maryam Monsef, the minister of democratic institutions, told reporters Thursday.

The Senate has 22 vacancies to be filled. The government plans to fill five early next year and the other 17 by the end of 2016.

The board will submit a

shortlist of five names for each vacancy to Prime Minister Justin Trudeau, who makes the final decision.

The constitutional requirements for the job remain. You have to be at least 30 years old, be a Canadian citizen and own property worth at least \$4,000, as well as at least \$4,000 in other assets.

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THOUGHTS AND PRAYERS

Outrage building over empty gestures

A political tempest over grief, gun control and prayer plays out after latest mass shooting

It's a natural reaction in times of grief: Politicians from both parties offered supportive thoughts and prayers for those killed in the San Bernardino shootings. But within hours, social media was awash with pushback from gun control advocates calling out those who offer prayers without pushing for tighter gun laws.

"Your 'thoughts' should be about steps to take to stop this carnage," Democratic Sen. Chris Murphy of Connecticut tweeted. "Your 'prayers' should be for forgiveness if you do nothing - again."

Murphy, who has been outspoken in pressing for gun control legislation, added at a news conference Thursday: "Members of Congress don't get elected to send out sympathy tweets."

As GOP presidential candidates and conservative lawmakers tweeted, one by one, their prayers after the shooting, Igor Volsky, a contributing editor at the liberal website ThinkProgress, started tweeting back

how much each had received in campaign contributions from the National Rifle Association, which opposes tighter gun laws.

The hashtag #thoughtsandprayers quickly was adopted by those venting frustration with the prayerful sentiments offered by those opposed to congressional action on gun legislation.

THE ASSOCIATED PRESS



Juan Carlos Mendez gathers pastors for a prayer vigil. DAILY PRESS VIA THE ASSOCIATED PRESS

TERRORISM

Paris fugitive hid in migrant wave: Police

Salah Abdeslam, a fugitive suspected in the deadly attacks in Paris, was at the main Budapest train station before mid-September and left with men who had been travelling amid a wave of asylum-seekers trying to enter Europe, Hungarian officials said Thursday.

In Belgium, meanwhile, two more suspects in the Paris attacks were taken into custody facing terrorism charges. In all, Belgium now has eight suspects behind bars who are linked to the Paris attacks or to a possible

attack in Brussels.

Janos Lazar, Hungarian Prime Minister Viktor Orban's chief of staff, said at a news conference Thursday that the Hungarian secret services had confirmed information about Abdeslam's travels they had received from foreign agencies. According to Lazar, the Paris fugitive was at the Keleti Railway terminal in Budapest, where he recruited young men who were refusing to register with Hungarian authorities,

THE ASSOCIATED PRESS



FBI agents search outside a home in connection to the shootings in San Bernardino on Thursday in Redlands, Calif. A heavily armed man and woman opened fire Wednesday on a holiday banquet for his co-workers, killing multiple people and seriously wounding others in a precision assault, authorities said. RINGO H.W. CHIU/THE ASSOCIATED PRESS

California gunman met radicals online

MASS SHOOTING

Motives of San Bernardino attackers are still unclear

San Bernardino gunman Syed Rizwan Farook had been in contact with known extremists on social media, a U.S. intelligence official said Thursday, and police said he and his wife had enough bullets and bombs to slaughter hundreds when they launched their deadly attack on a holiday party.

The details came to light as

investigators tried to determine whether the rampage that left 14 people dead was terrorism, a workplace grudge or some combination.

The husband-and-wife killers were not on the FBI's radar before the massacre, said a second U.S. official, who likewise spoke on condition of anonymity because he was not authorized to discuss the investigation.

Wearing black tactical gear



Syed Rizwan Farook, the suspect, is shown here.

THE ASSOCIATED PRESS

and wielding assault rifles, Farook, a 28-year-old county restaurant inspector, and his wife, Tashfeen Malik, 27, sprayed as many as 75 rounds into a room at a social service centre for the disabled, where Farook's co-workers had gathered for a holiday banquet Wednesday.

Farook had attended the event but slipped out at some point, then returned in battle dress.

Four hours later and two miles

away, the couple died in a furious gunbattle in which they fired 76 rounds, while 23 law officers unleashed about 380, police said.

A U.S. official says the FBI was treating the mass shooting in California as a potential act of terror but had reached no conclusion it was. A law enforcement official says authorities are looking for a man who bought two rifles used in a Southern California attack that killed 14 people. Authorities have said two pistols and two rifles they carried were bought legally more than three years ago. Farook bought the pistols, but a man authorities won't identify bought the rifles.

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Milwaukee on mission to show black babies matter

UNITED STATES

Experts believe racism a cause of high infant mortality

There are a lot of baby funerals in Milwaukee. At most of them, it is a black mom crying over the casket.

Milwaukee is one of the most segregated cities in America. Its white infants die at the same rate as infants in Canada. Its black infants die at around the same rate as infants in the Gaza Strip.

"Babies just dying every day," said Mary Love, 25 and expecting her third child, at the popular Blanket of Love prenatal class held weekly at a black church.

The city's politicians and experts believe they know the cause. The key is fixing it. Four years into an ambitious campaign to both lower the overall death rate and close the black/white gap, the overall rate has dropped slightly. The 10-point gap hasn't budged.

"This problem is so all-encompassing it's mind-boggling," said Elizabeth Hill-Karbowska, director of women and infants outpatient services at the Wheaton Franciscan health system.

About 15 per cent of the city's black infant deaths are the result of unsafe sleep conditions — fixable stuff. But two thirds of the deaths are the result of premature birth. Prematurity is linked to obesity, teen pregnancy, sexually transmitted infections and a lack of prenatal health



Tiara Hardy, 22, credits Blanket of Love classes with helping her bond with her kids. TORSTAR NEWS SERVICE

care, all linked to social conditions. The city's black poverty rate, unemployment rate and incarceration rate are among the highest in the country.

Across the U.S., the black infant mortality rate is nearly double the white rate. The gap can't be explained in full by poverty or risky decisions: even high-income, college-educated black women are more likely to give birth prematurely than the average white woman. Some researchers, and many of Milwaukee's experts, believe racism is part of the explanation.

Early labour can be triggered

Social worker Sara Nelson teaches moms how to put their babies to sleep safely.

About 15 per cent of black babies' deaths in Milwaukee are the result of unsafe sleep conditions.

TORSTAR NEWS SERVICE



by high levels of the stress hormone cortisol. Studies show these to be higher in people who have faced discrimination, no matter what their social status.

In Milwaukee, a community with deep and long-running racial divisions, Hill-Karbowska said chronic stress is the "overarch-

ing" factor in the mortality crisis.

"You're looking at generations upon generations of people who have been unfairly treated and discriminated against," she said. "We're talking about generations of people living with increased levels of stress hormones in their body." TORSTAR NEWS SERVICE

"We're talking about generations of people living with increased levels of stress hormones in their body."

Elizabeth Hill-Karbowska

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Abdul Halim al-Attar and his daughter Reem, 4, look at the photo that inspired a crowdfunding campaign. HUSSEIN MALLA/THE ASSOCIATED PRESS

#BuyPens refugee now employs 16

CROWDFUNDING

Man has come a long way since photo went viral

Abdul Halim al-Attar, a Palestinian refugee from Syria who was photographed selling pens in the streets of Beirut, is now running three businesses in the city after an online crowdfunding campaign in his name collected \$191,000.

The 33-year-old father of two opened a bakery two months ago and has since added a kebab shop and a small restaurant to his business venture. He employs 16 Syrian refugees.

The photograph of al-Attar carrying his sleeping daughter on his shoulder while trying to sell pens to passing motorists in the scorching heat went viral this past summer and touched people

across the world.

One of those moved by his plight was an online journalist and web developer in Norway, Gissur Simonarson, who created a Twitter account under the name #BuyPens and an Indiegogo campaign to raise \$5,000 for al-Attar and his family. When it closed three months later, the campaign had collected almost 40 times more: \$188,685. Another \$2,324 in donations has trickled in since then.

"Not only did my life change, but also the lives of my children and the lives of people in Syria whom I helped," he said. Al-Attar said he gave away about \$25,000

to friends and relatives in Syria.

Al-Attar also quickly built a better life for himself and his family in Beirut. His wife returned to Syria and they are currently separated.

In addition to the food businesses, al-Attar moved his children from the one bedroom that they all shared to a two-bedroom apartment in an unfinished building overlooking the highway in southern Beirut. The apartment is noisy and sparse, but four-year-old Reem, who was draped over her father's shoulder in the viral photo, proudly displays her new toys: plastic kitchenware, a swing and a stuffed bear that seems to be her favourite. Her brother, nine-year-old Abdullelah, is back in school after three years of absence.

He sported a T-shirt reading "Stay positive," and a large smile. "When God wants to grant you something, you'll get it," he said.

THE ASSOCIATED PRESS

\$188,685

The amount of money collected over three months via Indiegogo.

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The U.S. base at Guantanamo Bay in 2012.

JIM WATSON/AFP/GETTY IMAGES

Wrongfully held, free after 13 years

GUANTANAMO BAY

Released detainee a case of mistaken identity

A Yemeni prisoner detained for over 13 years at the U.S. base at Guantanamo Bay, Cuba, was reportedly held there partly as a result of mistaken identity.

U.S. officials determined that Mustafa al-Aziz al-Shamiri was a low-level fighter and not an Al-Qaida courier and trainer as previously thought. Officials mistakenly believed al-Shamiri's role was more significant because his name was confused with others having a name like his.

"We now judge that these activities were carried out by other known extremists with names or aliases similar to (al-Shamiri's)," an unclassified U.S. Department of Defense detainee profile written on Sept. 25 shows.

The DoD report states that "fragmentary reporting" links al-Shamiri, 37, to fighting in Bosnia in 1995, when he would have been 16 or 17 years old.

The report also states that he

told interrogators that he fought in Yemen's civil war in 1996 and for the Taliban in Afghanistan in 2000-2001.

"He may have been collocated at a safehouse in Yemen with operatives who plotted the USS Cole bombing, although there are no other indications that he played a role in that operation," the report reads.

Al-Shamiri, the DoD report found, is "supportive of fighting to protect other Muslims, but not of global jihad."

A 2008 DoD detainee profile of al-Shamiri, released by whistle-blower website WikiLeaks, described him as a "high" risk prisoner.

Al-Shamiri appeared Tuesday before a panel to assess whether he can be released from the notorious prison facility, also known as GTMO, The Associated Press reported.

"Mustafa will show you today that he is not a continuing significant threat to the United States of America. He is earnestly preparing for his life after GTMO," al-Shamiri's personal representative said at the hearing.

TORSTAR NEWS SERVICE WITH FILES FROM THE ASSOCIATED PRESS

We now judge that these activities were carried out by other known extremists with names or aliases similar to al-Shamiri's.

Unclassified Department of Defense report

MA370

Search for missing plane moves south

The deep sea hunt for the missing Malaysian airliner has been refocused on the southern reaches of an expansive search zone based on new analysis released on Thursday of the Boeing 777's final hours and how it might have plunged into the Indian Ocean with 239 people aboard after running out of fuel.

Searchers have been combing a 120,000-square-kilometre expanse of the Indian Ocean

since October last year but have yet to turn up any trace of Malaysia Airlines Flight 370.

A wing flap found in July on the other side of the Indian Ocean when it washed up on remote Reunion Island is the only debris recovered.

The analysis by a Defence Department agency confirmed "the highest probability" the final resting place for the plane was within the southern end of the search zone.

Two ships towing side-scan sonar have continued the search during the harsh southern hemisphere winter months.

A third ship will join the search in the new priority area on Saturday, said Australian Transport Safety Bureau chief commissioner Martin Dolan, who runs the search on behalf of Malaysia.

The latest ship is equipped with a video camera inside an

underwater unmanned submarine that can examine rough terrain and objects of interest detected by sonar that require a closer look.

A Chinese ship will join the search in late January equipped with Synthetic Aperture Sonar, state of the art technology that provides higher resolution images than the standard sonar now being used, Dolan said.

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Rejected migrants demand to get in

GREEK-MACEDONIAN BORDER

Violence flares as refugees jump to front of queue

Greek riot police struggled to maintain order Thursday after chaotic clashes between asylum-seekers at the country's border with Macedonia, where thousands seeking a new life in the European Union have seen their long trek north brought to an abrupt halt by closed borders and new rules.

At least two people were injured Thursday at the border as hundreds of people rejected by Macedonia — so-called economic migrants — clashed with the Syrians, Afghans and Iraqis that Macedonia is allowing in.

Late Thursday, a group of mainly Iranian migrants with small children agreed to stop manning barricades that prevented refugees from entering



A baby tries to touch the shield of a Greek policeman as refugees wait to cross the Greek-Macedonian border Thursday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Macedonia, and about 300 people crossed the border from the Greek village of Idomeni. Tired of waiting, thousands of refugees then broke through a Greek police cordon, surging to the Macedonian border, which immediately closed again.

Earlier, police distributed fliers warning the economic migrants that they must leave the border area within three days, and the government implied it would take more drastic action if necessary.

THE ASSOCIATED PRESS

CAMBODIA

Unlicensed doctor gets 25 years for HIV outbreak

A Cambodian court sentenced an unlicensed medical practitioner to 25 years in prison Thursday after finding him responsible for infecting more than 100 villagers with HIV, the virus that causes AIDS, by reusing unsanitized syringes. At least 10 of the infected people have died.

Yem Chrin, 56, was arrested last December and taken into protective custody, with authorities fearing he might be lynched by residents of Roka village, where at least 106 of 800 people tested were found to be infected with HIV. Local newspapers reported the total was 300. He insisted he meant no harm and was only trying to help people in the community where he practiced from 1996 to 2014.

The court also ordered Yem Chrin to pay a fine to the state and damages to the victims. He was barred for life from practicing medicine again, the court spokesman said.

THE ASSOCIATED PRESS

INDIA

Thousands flee flooded homes

The heaviest rainfall in more than 100 years has devastated swathes of the southern Indian state of Tamil Nadu, forcing thousands to leave their submerged homes as schools, offices and an airport remained shut for a second day Thursday.

Chennai, the state capital, received more than 330 millimeters of rain over 24 hours, significantly higher than the average for the entire month of December, Home Minister Rajnath Singh said.

"I can't even believe that this much water is possible in Chennai," a woman told NDTV television as she stood in waist-deep water.

"We don't have any food. We don't have any milk," she said, adding that she was searching for a shop selling food, "but I'm scared to walk down this road."

Low-lying neighbourhoods and the city's airport were almost completely submerged.

The Airport Authority of India said the airport is likely to remain closed until Sunday.

The main train station was so heavily flooded Thursday that it had to halt operations.

Hundreds of army, navy, police and fire department rescuers helped evacuate people trapped in their homes. Twitter and other social media were flooded with calls for help from across the city.

News reports said flood waters released from a lake on the outskirts

of Chennai inundated more neighbourhoods in the city. The Adyar river, which runs through Chennai before draining into the Bay of Bengal, was flowing above the danger mark.

At least 269 people have been killed in the state since heavy rains began in early November, Singh said, although no deaths have been reported in the latest deluge.

THE ASSOCIATED PRESS

330mm

The level of rainfall received in Chennai, the capital of Tamil Nadu state in the south of India, over 24 hours.

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metr NEWS Business

Weekend, December 4-6, 2015 33



Akifumi Tamaoki, general manager of Toyota's robot division, interacts with the auto maker's "partner robot" HSR at the International Robot exhibition in Tokyo. THE ASSOCIATED PRESS

Toyota bets on robots

TECHNOLOGY

Automaker unveils HSR — its vision for the future

Toyota Motor Corp. is harbouring big ambitions to become a significant player in the growing market for robots that help the elderly get around in everyday life.

The company believes it can use its manufacturing expertise to become as crucial in a field it calls "partner robots" as it is to auto-making.

Toyota last month announced a \$1 billion US investment in a research company headed by robotics expert Gill Pratt in Silicon Valley to develop artificial intelligence and robotics. It is already working with Stanford University and the Massachusetts Institute of Technology on robotics.

"We are preparing for a fu-

ture in which people may not be able to drive cars, or they may need artificial intelligence to support them to drive, and once they get off their cars they may need help from partner robots," said Akifumi Tamaoki, general manager of Toyota's partner robot division.

The Japanese government is banking on robotics as a growth industry in a society that's aging at a faster pace than industrialized nations.

Toyota demonstrated a one-armed partner robot on-wheels loaded with sensors and cameras. The R2-D2 look-alike known as HSR, or Human Support Robot, can pick up after people, bring an item to the bedside or open curtains.

Among the developments in the works for HSR is another arm, which will allow it to perform more complex tasks, and adding conversational skills. It now comes with a flat panel that works like a videophone or video player, but can't talk.

THE ASSOCIATED PRESS

ENERGY

Google doubles cleaner power sources

Google is nearly doubling the amount of renewable energy feeding its massive data centres that enable more than 1 billion people to search for information, watch video clips and communicate.

The long-term commitments cover up to 842 megawatts of power that will flow from six wind and solar power projects scheduled to be finished within the next two years in the U.S., Chile and Sweden.

Some of the deals were signed several weeks ago, but Google timed its announcement to coincide with the UN conference in Paris that is exploring ways to reduce the volume of carbon emissions widely believed to be changing the Earth's climate.

"It's an opportune time to make a strong statement," said Gary Demasi, Google's director of data centre energy.

Google has now signed con-

The goal

Google aims to have 3.6 gigawatts of renewable energy lined up by 2025.

tracts covering 2 gigawatts of renewable energy — enough to power two million homes annually, based on Google's

estimate that the renewable energy projects will generate an average of about 7.4 billion kilowatt hours of power.

The company has pledged to have all of its 14 data centres worldwide running on renewable energy as part of its quest to minimize the pollution caused by the rising demand for its Internet search engine, YouTube video service, Gmail, digital maps and other services. THE ASSOCIATED PRESS

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36 Weekend, December 4-6, 2015

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IN BRIEF

More foreigners buying condos in bigger cities

The number of Canadian condominiums owned by foreign residents in Vancouver, Toronto and Winnipeg rose over the past year, the Canada Mortgage and Housing Corp. says. CMHC released a survey Thursday that says foreign buyers owned 3.5 per cent of condos in Vancouver in 2015, up from 2.3 per cent last year. That's the highest rate of all 16 metropolitan areas tracked in the agency's research.

THE CANADIAN PRESS



Jason Fisher, owner of Indie Ale House in Toronto, says big companies merging has a chilling effect on smaller companies such as his brewhouse. NATHAN DENETTE/THE CANADIAN PRESS

Mega mergers worry small craft brewers

BRANDING

Giants killing innovation, some beer makers say

The proposed consolidation of the world's biggest beer companies has given rise to concerns that it could be harder for Canada's small brewers to sell their brands in local bars.

"Traditionally, big companies merging to become even bigger companies tends to have a little bit of a chilling effect on innovation and small companies," said Jason Fisher, owner of the Indie Ale House, a Toronto brewhouse. "You want to go to a sporting event, they own that venue. You want to go to a concert, they own that venue. You want to buy beer at a store, they own those too."

Large brewers use their financial firepower for marketing and sponsorships to increase awareness of their brands and buy up more beer tap lines to dominate distribution in bars and restaurants.

SABMiller recently agreed to a \$107-billion US takeover by Anheuser-Busch InBev in a merger of the world's two largest brewers. Molson Coors

You want to go to a sporting event, they own that venue ... You want to buy beer at a store, they own those too.

Jason Fisher

is poised to nearly double its size after agreeing to spend \$12 billion US for SABMiller's share of Miller Coors and Miller's International brands, including those sold in Canada.

This said the craft brewing phenomenon that has taken the U.S. beer market by storm has not been as significant in Canada, largely because it is more difficult to enter the market with provincial regulations about distribution. However, the popularity of craft beer has been rising across Canada for years. While overall beer consumption declined by six per cent in 2014, craft beer servings grew by seven per cent, according to data research company NPD Group.

Beer giants have responded by buying up craft beer companies. THE CANADIAN PRESS

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FACE OFF

Is the TPP good for Canadian music?

The Trans-Pacific Partnership (TPP), is a mammoth 6,000-page trade agreement among 12 nations, including Canada, the United States, Australia and Japan. It covers everything you could conceivably trade — from donkeys to dairy to Disney's Mickey Mouse. As the new Parliament prepares to assemble for the first time, reviewing this thing and debating whether to ratify it will be a top priority.



ISTOCK

Especially controversial are the provisions that deal with Canadian culture (music, movies, books and more). Under the TPP, copyrighted works will enter the public domain — where they can be freely modified, published and shared — 70 years after the creator's death, rather than the current 50 years. So with the agreement, copyright holders, whether the artists themselves, their heirs or the companies that own the rights to their work, will be able to profit for 20 extra years.

Will this safeguard the rights of music-makers, who are struggling to stay afloat in the digital world? Or will it stifle Canadian creativity? Three experts weigh in.



DEADMAU5
TORSTAR NEWS SERVICE

No: It will hurt Canadian heritage



Michael Geist
University of Ottawa
Canada Research Chair in Internet and E-commerce Law

It's largely the music companies, and artists' heirs, that benefit from an extension of copyright protection. To the average Canadian creator, it doesn't mean very much. Economists say a longer copyright term has little to no effect on new creativity. Nobody woke up and said, "I'm not going to write the next great Canadian novel, because my heirs will get 50 years of profits rather than 70." A term of the life of the author plus 70 years means many works that are around today won't be public domain until the next century. For the vast majority of works, the commercial value runs its course in far less time. We're restricting Canadians' access to their own heritage. But if older works are made publicly available and free, we can leverage the public domain for education and to promote Canadian heritage. I'd like to see a registration system, where you have to renew copyright every 20 to 25 years. It would separate the high-value commercial items from the vast majority. Imagine if we were still paying the heirs of Shakespeare, and charging for the rights to adapt it, to put on the plays. There wouldn't be that incentive to create.

Yes: it will help the music industry survive



Robert Hutton
Executive Director
Canadian Music Publishers Association

Very often, Canadian artists punch above their weight internationally. And we were considered a weak copyright jurisdiction. We have to realize that intellectual property is intangible. It's not a physical product like a compact disc anymore; it flows freely across borders. It has to be globally managed. So uniformity of international copyright standards is a good thing in itself. The companies that own artistic works have invested in the artists over a period of time. The Canadian public benefits because companies use that money to invest in developing new talent. Composers and families continue to reap the benefits of copyrighted works. When we extend protection, we help preserve a declining revenue stream. If you really value Canadian music and want it to be made in the future, we need to find a way for artists to get sustainable income. What happened with the TPP, from our perspective, is fair.

Sort of: A balance is needed



Erik Ashdown, CEO
Indiloop, a Canadian tech start-up that allows users to create and share their own music and sound mixes

I have to look at both sides of the copyright debate. We're not here to steal or disrespect copyrighted music, but you don't want to stop people from being creative. Record labels should see remixing as a marketing opportunity. If people are remixing your music, it shows that people care and you have an audience. When (Canadian house-music star) Deadmau5 was remixed by the (much more famous DJ) Skrillex, it probably brought a lot more attention to Deadmau5's work than it otherwise would have gotten. Some people think record labels are evil. They're not. They're in it because they love music. Their industry has been cut in half. They want to hold on to a few million dollars per year by holding on to copyright. People are still willing to pay for Beatles albums, and to pay to cover Beatles songs. On the other hand, I see why people say "Don't they have enough money?" I think Paul McCartney's great-grandkids will be okay.

ROSEMARY WESTWOOD

metroview

Tackling violence against women: Where do we start?

I should be writing this column about violence against women, now.

It's just, violence against women — can you think of anything more broad? More pervasive? More global?

It's like saying, "Here's my opinion on poverty: It sucks."

Where do you start, and where do you end? Rape as weapon of war, and, for ISIL, of indoctrination. Domestic abuse. Statistics, courtesy of the international development agency Plan Canada, that say 120 million girls have experienced forced intercourse or sexual touching, and females make up 70 per cent of human trafficking victims. Or: One-quarter of Canadian girls will experience sexual violence.

Sunday marks another National Day of Remembrance and Action on Violence Against Women. The International Day for the Elimination of Violence Against Women was Nov. 25th. Those who work year-round in this area worry about the tokenism of a day, while fighting for airtime to galvanize us to action.

Activists will seek to incite your indignation, though it's hard to get worked up over everyday injustices. Just ask a panhandler.

One place to start is with the good news, such as the federal Liberals' promise for a "comprehensive" gender-violence strategy and inquiry into missing and murdered indigenous women.

"I think there's some new momentum that I'm quite optimistic about," Amanda Sussman, Plan Canada's head of policy and advocacy, told me. She pointed to the United Nations' new sustainable development goals for 2030, which are "drawing political attention and resources to the most vulnerable... adolescents girls, women and girls."

Another place to start is with the wider issues of violence, and how we need to end violence in men's lives, too. Undoing the pressure of gender norms on all people is among Plan's priorities, Sussman told me, painting the image of a man in a developing nation, living in extreme poverty, who must be the breadwinner for his family, but cannot.

"I think we have made mistake in the women's movement for some time not giving enough emphasis to that," she added.

Sussman, when we spoke, was sitting in the relative comfort of her Canadian life, fearing for the vulnerability of women and girl refugees, ripped away from their lives and protection.

"How do we spark the outrage?" she asked, and then suggested one last place to start: With ourselves. A day of action is a call to be "more vigilant than ever" in fighting the violence we witness. Individual actions count, she said. Maybe, start small.

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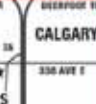
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In *Legend*, Tom Hardy plays identical twins and notorious gangsters Ronnie and Reginald Kray. HANDOUT

Tom Hardy is not your average guy

RETROSPECTIVE

Actor's small edgy roles deserve a double take

Richard Crouse
For Metro Canada



Like Wrigley's "Double your pleasure! Double your fun!" gum, this weekend's movie *Legend* is two Tom Hardys in one. He plays the dual roles of Britain's most notorious gangsters, Ronnie and Reginald Kray, identical twins and violent thugs who ruled London's underworld during the 1950s and 1960s.

Previously real-life siblings Martin and Gary Kemp of '80s

new wave band Spandau Ballet impersonated the brothers in the 1990 film *The Krays*, but these days special effects allow Hardy to play both brothers. "The movie's a testament to the Krays' ability to get away with everything, for a while, anyway," wrote Ty Burr in the *Boston Globe*. "But it's better evidence of Tom Hardy's ability to do just about anything."

Already this year we've seen the talented actor in the *Mad Max* reboot *Fury Road*, the musical *London Road* and the crime thriller *Child 44*. Soon he'll play opposite Leonardo DiCaprio in *The Revenant* and is currently shooting *Taboo*, a new BBC mini series scheduled to air next year.

He's also made waves as *The Dark Knight Rises*' brooding hulk Bane and dream-dancer Eames in the megahit *Inception*.

MOVIE RATINGS by Richard Crouse

Legend ★★★
Youth ★★★★★
A Royal Night Out ★★★
I Smile Back ★★★
Life ★★
Hitchcock/Truffaut ★★★★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★★ SKIP IT
★

In between these box office busters he's appeared in smaller, edgier films that deserve a look. Here are some of the other films that have helped Tom Hardy become legend.

Hillbilly Hardy:

Lawless takes place during Prohibition. The bootlegging business is booming, run by hillbillies who'll sell to anyone with a buck and a thirst. The most notorious are the Bondurant family, headed by Forrest (Hardy)

who engages in a knock down, drag out moonshine war with a corrupt lawman played by Guy Pearce. Hardy leads the cast as a soft-spoken thug with a brainy bent. "It's not the violence that sets men apart," he says, "it is the distance he is prepared to go."

When he isn't waxing philosophical he's busy earning most of the film's few laughs. It's a natural, unaffected performance that really shows what he can do without a mask strapped to his face.

Solo Hardy:

In these days of maximalist moviemaking *Locke* goes the opposite way, trimming the movie down to one claustrophobic setting and a single on-screen actor. *Locke* is the first movie in recent memory that would probably work as well as a radio drama as it does a film. Hardy is Ivan Locke, a straight arrow construction foreman determined to be at the birth of his child. In his car, he's battling traffic for the hour-and-a-half drive to London and the mother-to-be's hospital. Trouble is, the child is the result of a lonely one-night stand and he's a married man.

The entire film takes place in the front seat of Locke's car, in real time, as he drives the M1. We see through the windshield, into the backseat and the display screen of car phone and GPS. Most of all we see Hardy's face,

which, even though obscured by a beard, still allows his charisma to ooze through. His face is the engine of the film, his talent the driver.

Hardheaded Hardy:

In *The Drop*, Hardy he plays Bob Saginowski, a mild mannered bartender at a Brooklyn neighbourhood pub owned by the Chechnyan mafia. Like many of the borough's bars, Marv's is sometimes used as a "drop," a place where gangsters secretly hide money until it is collected by their crime bosses.

As Bob, Hardy is a cypher; kind to dogs, shy and lovesick, he is an average neighbourhood guy. Except in this neighbourhood average guys have pasts, and Hardy does a nice job of playing a man who is trying to move on while the past tries to stop him in his tracks.

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BIOPIC

James Dean has inspired lead since acting school days

When Dane DeHaan was studying acting at UNC School of the Arts he had a poster of James Dean on his dorm wall.

DeHaan graduated in 2008 and has gone on to star in the HBO series *In Treatment*, and films like *Chronicle*, *The Place Beyond the Pines*, *Kill Your Darlings* and *The Amazing Spider-Man 2* but one thing hasn't changed.

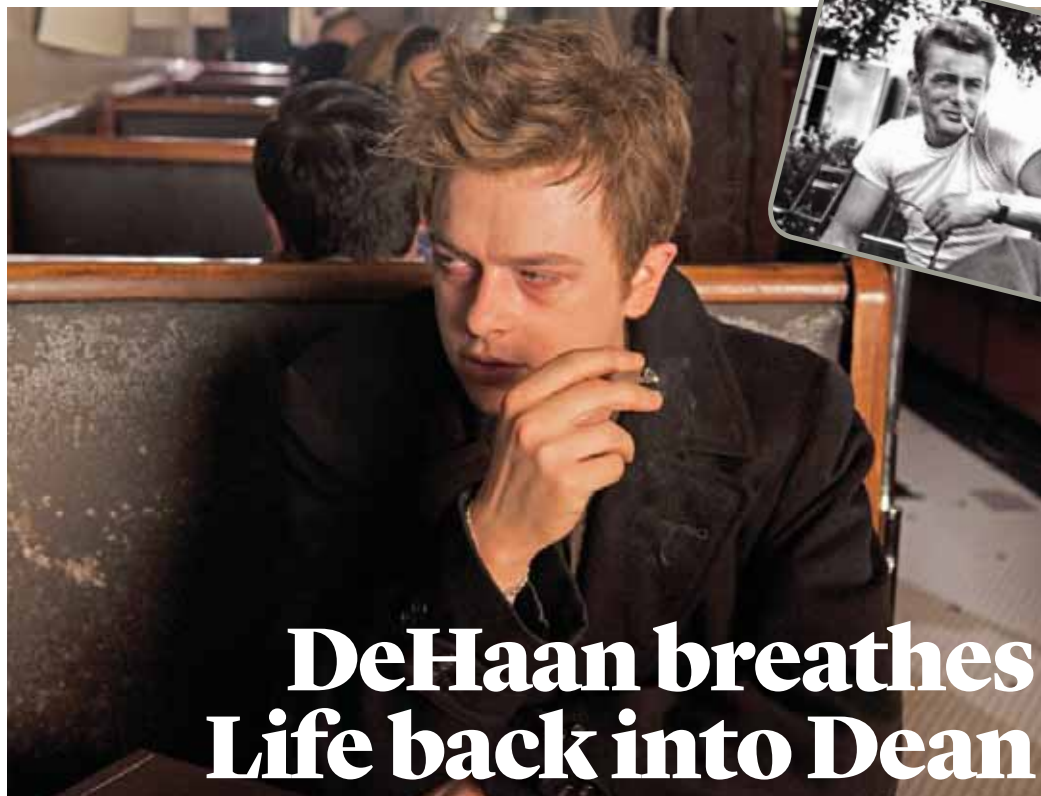
"The poster is still on my wall," he says on the line from his home. "I'm looking at it right now."

In new film *Life*, the 29-year-old actor plays Dean in 1955, just months away from the release of *East of Eden*. After a chance meeting a photographer, played by Robert Pattinson, becomes convinced the actor is the perfect subject. The two have an undeniable bond but Dean is hesitant, leery of exposing himself to the publicity machine.

DeHaan, who gained 25 pounds to play the screen icon, calls Dean one of his favourite actors.

"I was learning about acting and my acting teacher told us to go home and watch Marlon Brando and James Dean movies. I started watching them and he was just amazing. It was amazing to watch someone start the revolution of the kind of acting that most people do today but do it in such a beautiful way.

"It's so exciting to watch those movies and see James Dean existing in this world with all these other over-the-top



DeHaan breathes Life back into Dean

actors and just take them to school. The contrast was so jarring. Now you see a movie and there are obviously people who are better than others, but generally they're trying to do the same kind

of acting. In those movies that's not really happening."

DeHaan, who will soon be seen playing another real life character, Karl Rove in *Young Americans*, says "people

think they know a lot about Dean but not many people really know much about him at all," and hope *Life* will change that.

"Ultimately that was one of the rea-

DEAN ONSCREEN

Dane DeHaan joins a long list of people who have played Dean since the icon's death in 1955.

James Franco became a star, and won a Golden Globe, playing the rebellious actor in the TV biopic *James Dean*. Franco got so into character he went from non-smoker to a two-pack-a-day habit — in real life Dean smoked more than two packs of unfiltered Chesterfields a day — and learned to ride a motorcycle.

In 1976, Stephen McHattie won praise playing Dean in the TV movie *James Dean* written by William Bast, Dean's best friend and roommate.

Also interesting is the video installation piece *Rebel* which features a female James Dean in the form of performer Nina Ljeti, and an *Animaniacs* episode featuring Slappy Squirrel giving Dean a class in method acting.

sons I took it on," he says. "I realized that there are a lot of young people who don't know who James Dean is, and that's a sad fact. I would hope you would watch his movies first and then watch our movie or watch our movie and then watch his. I hope it opens a door for a lot of people to rediscover him not just as a persona but as an amazing talent." RICHARD CROUSE/METRO

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FILM BRIEFS

Thor: Ragnarok gets third scriptwriter

Writer Stephany Folsom has joined the Thor script-writing team, according to The Hollywood Reporter.

Folsom (*The Princess of North Sudan*) follows Christopher Yost and Craig Kyle, who were working on the script prior. Another relatively new addition is director Taika Waititi (*What We Do In the Shadows*), who came on board in October. Actor Chris Hemsworth will be back as the eponymous Norse god, reportedly along side Mark Ruffalo as the Hulk. The third in the Thor franchise, *Thor: Ragnarok* is slated to hit theaters Nov. 3, 2017. AFP

Jason Priestly to direct Phil Hartman biopic

Jason Priestley has been tapped to direct a biopic about late comedian Phil Hartman. The movie is tentatively titled *Nice Guy Phil* and will feature actor Daran Norris as the Saturday Night Live star. Producer Tyler Levine says Norris's similarity to Hartman is "uncanny." Priestley adds that he met Hartman, a Brantford, Ont.-native, when he hosted SNL in 1995. THE CANADIAN PRESS

BOX OFFICE

Could Star Wars VII overtake Avatar?



Star Wars: The Force Awakens, is projected to make more than \$2 billion at the box office. HANDOUT

Is the James Cameron movie a few weeks away from losing its number one ranking at the global box office? At any rate, it seems that the future is rosy for the new episode of the Star Wars saga.

To say that *Star Wars: The Force Awakens* is the most highly anticipated movie of the year is putting it mildly. This seventh episode, slated for release on December 16, is expected to generate some big numbers, but how much exactly?

Some analysts are already predicting a final total of 2.7 billion dollars at the box office, i.e., as much as *Avatar*, which has held the global box-office record since 2010. The most optimistic analysts believe it could be the

first film to top 3 billion dollars.

Star Wars VII will be released at the same time of year as *Avatar* and *Titanic* (respectively on December 18, 2009 and December 19, 1997), the movie industry's two biggest global successes.

One thing is sure, the J.J. Abrams opus is likely to begin with a bang. Forecasts, such as that of FBR & Co's Barton Crockett, foresee \$220m for the opening weekend. A record that would topple *Jurassic World*, which generated \$208.8m when it was released last June. With record advance ticket sales (\$50m), *Star Wars* is sure to get off to a better start than *Avatar* which brought in \$77m in its opening weekend.

AFP



Sarah Gadon, left, and Bel Powley play the princesses Elizabeth and Margaret. HANDOUT

Gadon 'charmed' by teen Elizabeth

INTERVIEW

The Canadian actress hones a posh accent for royal role

Richard Crouse

For Metro Canada



For many of us Queen Elizabeth is a face on a stamp, someone we see every day on our money. For Sarah Gadon, the Canadian actress who plays H.R.H. in *A Royal Night Out*, the figurehead is "an icon and it is really always kind of difficult to humanize someone who is embalmed in icon status."

The *Dracula* Untold star plays the Queen before she took the throne, when she was a 20-year-old headstrong woman known to friends as Lillibet. It's May 8, 1945, VE Day in England, the biggest party London has ever seen and Princess Elizabeth and Princess Margaret (Bel Powley), or P1 and P2 as the princess sisters are called, want in on the action.

"For six years we've been cloistered," says Princess Elizabeth. "Like nuns," adds

Princess Margaret.

"I fell in love so much with this script," says Gadon. "I was charmed by the story and its portrayal of her at that point in her life. It was this beautiful coming of age story about this woman faced with her future. That is something I really related to. That feeling of when you are growing up and you have all these ideas about the world, all these ideologies you are associated with and then you are confronted with reality and you have to decide for yourself what you want. I thought that was an interesting entry point."

The slick talking Liz manages to convince Mom (Emily Watson as the Queen Mum) and Dad (Rupert Everett as King George) to let them mingle with the real people, listen to the King's victory speech and report back.

Royal Night Out is part royal romcom, part urban adventure, and only loosely based on real events. In truth the princesses went out, accompanied by an entourage of 16 people and were home by curfew.

"Julian Jarrold, the director, was so conscious of what he wanted the tone of this film to be," says Gadon. "We all knew it wasn't a biopic, and none of us wanted to make that film. It is very much a fan-

tasy, very much an adventure chase film. Being more North American in my approach to the part, my tendencies were to indulge the humour and indulge in the slapstick moments. Julian held the reins tight and really captured the reserve of Elizabeth. He really walked that line between going off too far in either direction. The film has very real feelings but a lot of tongue-in-cheek."

To capture Queen Elizabeth's posh accent Gadon studied footage of the princess at that age, the movies *Roman Holiday* and *Brief Encounter* and worked with dialect coach Brett Tyne. "Brett worked with all of us," she says. "It wasn't just me. She worked with Bel, Emily and Rupert because even though they're British they certainly don't walk around talking like that."

The dialogue coaching worked. *A Royal Night Out* is already open in England and Gadon notes, "The reviews were great, very generous. And most people had no idea I was Canadian! It was exciting for me."

"I was really, really nervous. To have it received so warmly was such a relief. Now, with the North American release, I'm like, 'I'm good! I got the stamp of approval from the Brits!'"

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The dark side of holiday movies

ROUNDUP

Black Christmas isn't the only film to trade tinsel for terror

Richard Crouse
For Metro Canada



Without Black Christmas, a groundbreaking 1974 Canadian horror film there might never have been a Jason Voorhees, Freddy Krueger or Michael Myers. These characters owe much to one film made in Toronto, a movie Film Threat magazine calls "the first modern slasher movie."

The film enters its fourth decade this year, a milestone celebrated with the release of Black Christmas, the Season's Grievings Edition in late November. The story of a sorority house terrorized by a murderous stranger has been given the deluxe Blu-ray treatment, packed with a Santa's sleigh of new features. It is one of the great Christmas horror movies, but it isn't the only one.

Here's a look at holiday films without an ounce of tinsel treacle.

Silent Night, Deadly Night

Originally called Slayride, this movie about a teen who goes on a murderous rampage dressed as Santa after his parents are killed, changed its name for release. In its first weekend it out-grossed Nightmare on Elm Street, but then parents angry at Santa's portrayal as an axe murderer picketed theatres, and the box office dried up.

The Nightmare Before Christmas

Imagine if our collective image of Santa Claus had been shaped by Allegory of Gluttony and Lust painter Hieronymus Bosch instead of some nameless commercial artist at Coca-Cola and you'll get an idea of the dark edge of Tim Burton's The Nightmare Before Christmas. The jolly fat man in the red suit is gone, hijacked by a skeleton in a pinstriped suit. The story of the mayor of Halloweentown who kidnaps and impersonates 'Sandy Claws' to bring his own brand of good will to the world is a Disney release but it is one of the rare ones that isn't meant for the entire family.

Santa Claus

K. Gordon Murray was a film producer best known for snapping up the rights to foreign films, dubbing them into English for American audiences. His best-known pick-up was Santa Claus, a strange Yuletide flick about St. Nick and Merlin doing battle with Lucifer.

Originally produced in Spanish and featuring a Santa Claus who doesn't live at the North Pole, but above it, in a magic castle in outer space, it isn't exactly scary, but may be the weirdest movie on this list.

Elves

When most people think of Dan Haggerty visions of the gruff but kind-hearted mountain man from the 1970s TV show The Life and Times of Grizzly Adams come to mind. B-movie fans, however, remember him as Mike McGavin, a down-on-his-luck department store Santa who does battle with a bloodthirsty Nazi elf in Elves. It suffers from cheesy

dialogue — "I had a rough day at work... Santa got murdered" — and the fact that a movie called Elves features only one elf, but it's so ho-ho-ho-horrible it's fun to watch.

Silent Night, Zombie Night

Walking Dead fans might get a charge out of Silent Night, Zombie Night, a Christmas viral outbreak movie so realistic a concerned citizen called the police during filming, citing gang violence. The LAPD showed up by foot, car and air only to find movie zombies battling with prop weapons.

Christmas Evil

Christmas Evil is the best of the Santa as serial killer movies and before you ask, there are quite a few of them. In this one a boy is traumatized after walking in on his parents in flagrante with dad dressed as Santa. He develops daddy issues and a Santa fixation and one Christmas Eve brings murder home for the holidays.



The 1974 Canadian made Black Christmas has been touted as the first modern slasher movie. CONTRIBUTED



The Nightmare Before Christmas. CONTRIBUTED

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Indie film is 'evolving'

SUNDANCE FESTIVAL

Organizers announce 2016 list of dramas, documentaries

The dramatic contenders at the 2016 Sundance Film Festival span history, genre and setting, from the slave days in the South to the gay-sex scene today in LA's Korean spas.

What unites them, says festival director John Cooper, is excellent storytelling and a "thorough understanding of the craft of filmmaking, especially writing."

On Wednesday, Cooper and programming director Trevor Groth announced the slate of American and international dramas and documentaries in competition this year at the annual festival in Park City, Utah.

"Independent film is evolving right now," Cooper said. "There seems to be a real want and need for different kinds of stories."

Tales of a slave who helps his owner, for example, as in writer-director-actor Nate Parker's *The Birth of a Nation*; or of a first-generation Korean-American navigating traditional cultural expectations and his own emerging identity in *Spa Night*.

Other selections include *Swiss Army Man*, starring Paul Dano and Daniel Radcliffe, about a hopeless loner who befriends a dead body; and *Tallulah*, starring Ellen Page and Allison Janney, about a young woman who steals a baby from a wealthy family.

While most Sundance films won't be seen outside the festival for many months, moviegoers everywhere should be excited about what these movies say about the state of cinema, Cooper said. The 117 feature-length films showing at the January festival were culled from more than 12,700 submissions.

"It proves that there's a choice out there, that there are other options for your entertainment," he said. "The whole notion of discovery is big ... It's the beginning of a cultural year, and also the discovery of new talent: talent that go on to direct other films, and acting talent that go on to be in other films and really become what's driving the film business forward."

Recent Sundance success stories include Colin Trevorrow's hyper-charged career trajectory, from premiering his first feature at Sundance in 2012 to directing the summer smash *Jurassic World*; and Fruitvale Station director Ryan Coogler and Michael B. Jordan, who followed up their 2013 Sundance hit with this year's *Creed*. Jennifer Lawrence also first broke out at Sundance five years ago with *Winter's Bone*, which brought her first Oscar nod.

The festival's domestic documentary slate features stories of unsung heroes, such as ALS advocate and former NFL star Steve Gleason, and perspectives on gun violence and social media. Titles include *Newtown*, about the community's recovery from the 2012 mass shooting at an elementary school, and *Audrie & Daisy*, about two teenage victims of online bullying. THE ASSOCIATED PRESS



Daniel Friedman and Rae Tuteria in a scene from *Suited*. JOJO WHILDEN/SUNDANCE FILM INSTITUTE VIA AP

MOVIES

Foreign dramas sizzle

Sundance organizers say there's a sexy undercurrent to the international dramas: A group of college brainiacs try to lose their virginity in *Brahman Naman* from India; a mermaid falls in love with a man in Poland's *The Lure*; and *Male Joy, Female Love* from China is described as a portrayal of "an unlimited cycle of love stories." THE ASSOCIATED PRESS

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Markees Christmas stars in the coming-of-age film, *Morris From America*. SEAN MCELWEE/SUNDANCE FILM INSTITUTE VIA AP

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Director: Peter Sohn
Starring: Raymond Ochoa, Jeffrey Wright

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ROTTEN TOMATOES™ SCORE

Critics: Audience:
 81% **81%**



DRAMA Trumbo

Director: Jay Roach
Starring: Bryan Cranston, Alan Tudyk

In 1947, Dalton Trumbo was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. The film recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice under the blacklist.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 73% **76%**



DRAMA Creed

Director: Ryan Coogler
Starring: Sylvester Stallone, Michael B. Jordan

Adonis Johnson never knew his famous father, world heavy weight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with Rocky Balboa.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 92% **96%**



DRAMA Victor Frankenstein

Director: Paul McGuigan
Starring: James McAvoy, Daniel Radcliffe

James McAvoy and Daniel Radcliffe star in a dynamic and thrilling twist on a legendary tale. Radical scientist Victor Frankenstein and his equally brilliant protégé Igor Strausman share a noble vision of aiding humanity.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 22% **54%**



ART HOUSE Legend

Director: Brian Helgeland
Starring: Tom Hardy, Emily Browning

The true story of the rise and fall of London's most notorious gangsters, Reggie and Ronnie Kray, who captivated the public and lorded over a criminal empire. This classic thriller takes us into the secret history of the 1960s and the extraordinary events that secured the infamy of the Kray Twins.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
 60% **73%**



HORROR Krampus

Director: Michael Dougherty
Starring: Toni Collette, Adam Scott

When his dysfunctional family clashes over the holidays, Max is disillusioned and turns his back on Christmas. Little does he know, this lack of festive spirit has unleashed the wrath of Krampus: a demonic force of ancient evil intent on punishing non-believers.

ROTTEN TOMATOES™ SCORE

Critics: Audience:
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Michael Caine reflects on a life in showbiz

PROFILE

From Youth to old age, actor opens up about career

Michael Caine sits down for lunch at the St. Regis Hotel in midtown New York clutching a copy of the day's Daily News given to him by the hotel doorman, who's earmarked a photo of Caine and his Youth co-star Jane Fonda.

"You wonder why I stay here," he chuckles. "I always remember the sort of joke thing in the British paper where the journalist said to the duchess, 'What's the best restaurant in London?' And she said, 'Where you're known, dear.' And I apply that to a lot of what I do."

Caine, 82, is known just about everywhere. Some know him as the star of British classics like *Alfie*, *The Italian Job* and *Get Carter*. Others know him as Batman's butler (and a regular of just about every Christopher Nolan movie). Some might even know him just by the ubiquitous impressions of his indelible cockney accent, like Steve Coogan and



In *Youth*, Caine plays a retired classical composer and conductor alongside Paul Dano. CONTRIBUTED

Rob Brydon's dueling Michael Caines in *The Trip*.

In Paolo Sorrentino's *Youth*, Caine puts a capstone on a career that has travelled from working-class upstart to cinema institution. Like most things in life, he's enjoying it.

Working now and then, Caine lives relatively quietly, focused

on his family; he and his wife, Shakira Baksh, are moving from their updated barn outside London, so their 25-minute drive to their grandchildren can be cut down to 5. But he's also soaking up the adulation for his aged classical composer in *Youth*, which some think could land him his sixth Oscar nomination.

"I've been nominated (for best actor) four times and I have never won," he says, smiling. "I fly for 11 hours to clap another actor and then go home. It's a long way! So I'm not exactly clearing shelves. I've got two Oscars, anyway."

Sorrentino, the Italian director of the Oscar-winning *The*

Great Beauty, wanted Caine for his combination of authority and levity — a description that hits on Caine's unique blend of good cheer and gravitas. Caine first struck Sorrentino in Woody Allen's *Hannah and her Sisters*: "When I saw that, I thought: I would like to be like Michael

EARLY DAYS

On coming to Hollywood

"The first party I went to in Hollywood, Shirley MacLaine gave to welcome me to Hollywood. The first people to walk in were Gloria Swanson and Frank Sinatra. I was dumbstruck. Then she took me to dinner at Danny Kaye's house. There were only two other people there. One was Cary Grant and the other one was Prince Philip. I'm sitting there. I've been in Hollywood for three weeks. I took Shirley home. She lived in the Valley. As we got near to her home, I said, 'Look! Your house is on fire.' She said, 'Michael, that's steam from the pool.'"

QUOTE

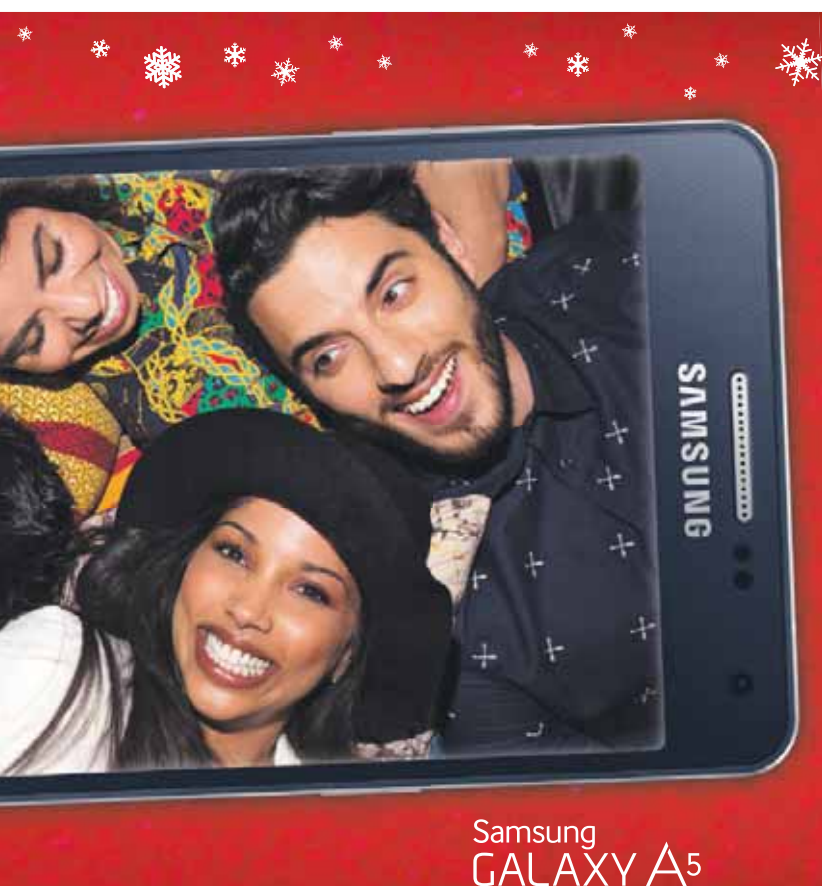
"What am I going to do? Sit around and watch soaps on television all day? That's why I never retired."

Michael Caine

Caine in life."

Wouldn't we all. Though Caine doesn't share his character's melancholy or regret he's similarly reflective — a two-time memoirist and an eager, colourful storyteller. "They say I'm a raconteur but what are you going to do?" he said. "There are stories to tell."

THE ASSOCIATED PRESS



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Finding the funny in the unfunny

INTERVIEW

Gregg Turkington explains Neil Hamburger

Matt Prigge
Metro | New York



For the last 25 years, Gregg Turkington has played to crowds small and massive dressed up as Neil Hamburger, a fake, decaying Borscht Belt comic with a bad tux, a worse comb-over and an endlessly supply of hilariously stupid/offensive jokes.

He's been reluctant to talk about his creation out of character, but he's been making an exception while promoting Entertainment, a movie about

Hamburger — or a guy named The Comedian who looks and quips just like him — roaming through a sad life of bad gigs and cheap motels. Turkington, much jollier than Hamburger, sat down to talk about the film.

Fans of Neil Hamburger might not expect the particular tone of this movie.

This would be the movie I would have dreamed of doing

for this character. Because I always believed this character was pretty glum offstage. When other people wanted to film this character in an offstage setting, they wanted pranks or hijinks or hilarious things happening. If you listen to the early records — and I don't think you should — but if you did you'd see the tone of the early material is, a lot of the time, just glum and grim.

Depressing can be funny.

Even the fact that this is serious is a form of comedy.

I find a lot of it very funny, but they're not necessarily the kind of laughs you get seeing someone slip on a banana peel and falling down stairs. The Tye Sheridan character, when he's doing the mime act, I do find it funny, though it's not a specific scene that's funny. It's just the continuum of what he's doing that I find very funny.

good jokes, you're just shit." (Laughs) ... I get 80 year olds who really like the jokes. They're jokes that don't arrive at the laugh in the traditional way. Sometimes it's the setup of a joke that has a turn of phrase in it that's very funny. The payoff to the joke is bad and not what you'd want. But if you think about the joke, the setup is funny.

You've often said you actually don't want people to hate you.

I want the people who need to have a good time to have a good time, because they're not getting it anywhere else. I'm playing to myself. I'm doing things I would personally like, and I don't have the most normal taste. A lot of the things that are weirdo films I like even less than the mainstream films. It's just a very peculiar aesthetic. I feel like if I like it there's other people who do too, even if it's just a few. If wanted to just f— with people with stuff no one would like, then we would cut off the head of a chicken and have someone fall down a well and then just vomit uncontrollably until the well fills up with vomit.

That must be odd for the people who don't know Neil Hamburger to have people laughing during what seems to them a straight-up drama.

There was a girl in Richmond the other night who came up to me and said, "I really liked the jokes in the movie. Do you tell jokes normally? I want more jokes like this." Then this review came out the other day where half the review was just this guy saying, "These jokes are not funny. There is no wit in these jokes. These are bad, bad jokes." He couldn't get past that. His criticism of the movie was that these were unfunny jokes and we were bad people. "No, these aren't

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YEAR END COUNTRY



Director Rick Alverson and comedian Gregg Turkington attend the Entertainment premiere in L.A. GETTY IMAGES

DIRECTOR'S TAKE

Rick Alverson on how the humour works

"We were equally interested in the dead zones, where get people get squirmy — when it's flat and uninteresting. Then you love what happens next. How restless can you make a person? Because that makes them really active. When I see Gregg do his stage performances, everyone's really activated. There are a lot of people who understand exactly what they're in for, but it gets funnier when they're uncertain about where this thing is going."

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Hardy doesn't do anything by halves

LEGEND

Skyrocketing British star in another standout role

Legend, the gangster biopic opening Friday is the reason for this interview with Tom Hardy during TIFF in September. Along with *The Revenant* and *Mad Max*, it's further proof why Hardy is one of the hottest actors on the planet right now, garnering Oscar talk for all three of these 2015 releases.

Requiring him to play both twin brothers Reggie and Ronnie Kray, the gangster siblings who ruled the London underworld of the 1960s, it was a demanding shoot even for a man of Hardy's robust constitution.

Despite advances in film technology since Hayley Mills played twin sisters in *The Parent Trap*, Hardy, 38, was obliged to use the same split-screen technique employed for that 1961 movie.

He recorded dialogue for

both psychotic Ronnie and slow-burning Reggie, using an earpiece to play it back and essentially talking to himself as he switched between brothers.

It was a risky procedure, one with a high potential for failure, but Hardy loves feeling like he's climbing "a metaphoric mountain or rock face," as he describes the twin challenges of Legend.

"If you're going to fail, fail big!" he says with a grin.

"Fail massively — and be judged!"

Critical consensus is that Hardy succeeds massively with his dual performance, despite any qualms about writer/director Brian Helgeland's episodic approach to the Kray saga.

Everybody and everything has flaws, Hardy continues, in art as in life.

He doesn't accept the notion that some people are totally good and others totally bad, since humans are capable of both.

The Krays did terrible things — a long list of convictions and incarcerations attest to that — but they weren't



Tom Hardy plays both twin gangster brothers Reggie and Ronnie Kray in Legend. HANDOUT

moustache-twirling villains from a cartoon.

"I don't buy into 'evil' ... There's something much more truthful about the human condition of having flaws and the capability to do absolutely anything in any given choice or moment or time when necessity prevails," Hardy says.

"If you alleviate that entire concept of human condition and say 'good' and 'bad,'

you're left with a smorgasbord of no options."

He has played many terrifying individuals — including the brutal title strongman of *Bronson*, his 2008 breakthrough role, and super villain Bane from *The Dark Knight Rises* — but he views that as exploring dark personalities for dramatic effect.

"As I walk a day trip in their shoes, I say, 'Oh yeah, I wouldn't mind doing that

for myself, but I won't do it today, because I'm going to be good, whatever 'good' is. Though 'good' is to me a bit of another wormhole of, well, 'What's behind the mask of your good balance?'"

"Because underneath that there's frailty, vulnerability, anger issues, torment, abuse and sadness. Often there are tales of significant interest which are the counterpart to that which is light and pre-

ANOTHER TAKE

Perfect vanishing act

Legend writer/director Brian Helgeland, sitting in on the interview, marvels at how Hardy simply vanishes into the roles of both Kray siblings.

"There's no Tom in the movie. So you don't see Tom as Reggie and Tom as Ron ... Tom goes away and there's Reggie and Ron," he says.

Hardy appreciates the compliment but also wrestles with it.

"That's cool, but I can never say that. I always see me when I watch the work back ... You're going to see the edges. It's inevitable that you're going to fail at certain percentages. There's going to be collateral. It's a work in progress."

sents itself as another side of good. So we're dealing with veneers ... and grey is a far more interesting colour than black and white."

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Comedian Silverman on her serious movie role

I SMILE BACK

Actress got gig after sharing her experience with depression

Steve Gow
For Metro Canada



Whether it's Adam Sandler, Jim Carrey or even Oscar-winner Mo'Nique, people are shocked when they see their favourite comedians take on serious roles.

However, to cinema's latest crossover thespian, the two worlds go hand-in-hand.

"I don't think it's a new conceit that comedy and drama are adjacent at the very least," explained comedian Sarah Silverman recently.

In Toronto to discuss the debut of her new drama *I Smile Back* during the Toronto International Film Festival in September, the provocative entertainer agrees that behind comedy's veneer of laughter lies a rather shadowy secret of manic depression.

Indeed, a British study recently noted that humorists score higher for psychological traits like suicide and depression than the general public. Silverman adds, "I had a lot of stuff to draw from that a lot of comedians would."

With *I Smile Back*, Silverman is getting rave reviews for her riveting portrayal of a



In *I Smile Back*, Sarah Silverman plays a suburban mother struggling with depression. CONTRIBUTED

suburbanite mother struggling with such a spell of depression that she dulls her pain with drugs, alcohol and acts of compulsion at the risk of her family and health.

"I've never been purposely looking for anything (serious)," insisted Silverman, who admits the role was offered after author Amy Koppelman heard the comedian discussing her own battle with depression on Howard Stern's radio show.

"To be honest, I didn't think it would ever get made (so) I didn't think about it at all which was probably good because then it happened and it was too late to back out."

The truth is, she did take a

CAREER CHANGE?

'Comedy is who I am'

While Silverman may be enjoying some dramatic success, rest assured she has no plans on becoming a serious actor, saying that she is still addicted to comedy.

"It's my only joy and the bane of my existence," she says.

"It's most magical when you're totally connected to

the audience and they are laughing and its rolling. It makes my arms itch with glee — I can't explain it."

"I'm lucky — I'm not into any fancy, expensive things (and) because of that I can do anything I want," said Silverman. "(But) comedy is who I am in my heart and soul so I will always be a comedian."

leap of faith for the role — a decision that is now accruing such critical praise for Silverman as "chilling" and "scarily good."

If nothing else, *I Smile Back* definitely shows that comedian's fearlessness isn't just limited to the stage — illustrated by the film's prolonged scenes of stark emotional strife and unglamorous nudity.

"I was nervous about some

of the sex scenes but (co-stars) Tommy Sadoski and Josh Charles were so — and I roll my eyes when I hear actors say this but now I get it — they were so generous," laughed Silverman, taking the attention in stride.

"It's funny — I was never asked to be naked in anything until I turned 40 and then I'm asked to be naked in everything — which I kind of love."

COOKING SHOW

A taste of Top Chef

Thursday night I got to make my big-time reality TV debut — sort of. If you watched the premiere of the 13th season of *Top Chef*, you might have spotted me. Or maybe not, if you blinked.

The thing about cooking competition shows like *Top Chef* that have always bugged me is that you can't taste what the contestants are whipping up. On something like *Project Runway*, you can see the work they've created and form your own opinion, but with food you have to take the judge's word for how it tastes. Or at least I had to until last night, when I got to be one of the people tasting that food.

As Padma Lakshmi explained to the 17 contestants, they were secretly being judged by a handful of food critics and entertainment reporters, including myself. Those scores determined which chefs ended up on the top and bottom — and faced elimination — regardless of the show's regular judges' opinions.

Judging all the dishes meant tasting them all, which was a challenge in and of itself — 17 dishes is a lot of food. I should've taken a cue from the pros, who never seemed to finish a whole portion.

The good thing for us, as Tom Colicchio noted at Judge's Table, is that there weren't any dishes that were total disasters. I mean, I don't think I'm going to rush out to try anything with mung

bean and bitter melon anytime soon. The name is not a coincidence. But there were some true standouts.

Amar Santana's pork belly meatball, for the record, was the best thing I ate, and I would happily take more of them. And Carl Dooley's carrot soup was pretty awesome. Oh, and Giselle Wellman's cauliflower soup didn't get the attention and praise it deserved.

As for actually making the final broadcast, a sinking feeling set in when it became clear that my comments on the merits of the various dishes had been edited out. I thought I had some interesting things to say, but apparently not.

I did at least get some quality screen time when Lakshmi and Colicchio sauntered in front of me for one of the episode's more awkward moments — waiting for contestant Garret Fleming's handmade noodles to be ready. Look, ma! I'm on TV! In the background, at least.

Still, it was cool to see behind the scenes and to interact with the judges. Apparently Emeril Lagasse will just randomly walk up to you and chat. And Gail Simmons looks great in person. Like, distractingly great.

The new season of *Top Chef* continues tonight on Bravo with its second episode, if you're hungry for more. I know for a fact I'm not on that one, at least.

NED EHRBAR/METRO HOLLYWOOD



Metro's Ned Ehrbar, centre, on the set of *Top Chef*. HANDOUT

“It's funny — I was never asked to be naked in anything until I turned 40 and then I'm asked to be naked in everything — which I kind of love. Sarah Silverman

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THE TV DINNER JESSICA ALLEN



What I don't need is Friday Night Lights, the musical. That's right. Scott Porter will play Coach Taylor in an upcoming production

squirrel!" We're better off not knowing.

But it started with *We Are Marshall*. "You've never seen it?" Simon asked of the 2006 movie starring Matthew McConaughey as a new coach who must put a college football team together after an unthinkable tragedy. "And you call yourself a sports movie lover?"

Next was *Remember the Titans*, the 2000 movie starring Denzel Washington as a new coach who must put a high school football team together after racial segregation ends.

On a roll now, I suggested we watch just the pilot of *Friday Night Lights*. We've already watched all six seasons but I wanted to revisit Coach Taylor, Tami, Riggins and Sara-cen, for old time's sake.

After the pilot, we watched one more. But after that, Simon strongly suggested that we stop. "You will never top

THE SHOW:
Friday Night Lights



THE MEAL:
Leftover pot roast



that episode," he said. "Let's quit while we're ahead."

"Yeah," I said. "You're probably right."

"What are you doing?" "I can't stop and I won't stop. Is there a love scene in this damn show between Coach Taylor and Tami?" I asked, as I topped up our wine glasses with Tami Taylor-size pours. "Because that is what I need right now."

What I don't need is *Friday Night Lights*, the musical. That's right. Scott Porter, the actor who played Jason Street in the television series, will apparently play Coach Taylor in an upcoming production.

"Whenever I read about non-musical stories being turned into musicals," I told Simon as we sipped our wine on the couch, "I think it's got to be a joke, or an SNL skit. I

mean, what's next? Rocky, the musical?"

"Uh, Rocky was a musical," he said.

How can people suspend their disbelief long enough and not be cynical seeing football players singing? Like singing actual songs! That simply does not fit into my narrative of good sports movies. I want conflict, underdogs, tears and training sequences, not song and dance, unless it's in the end zone. That predictability is precisely what keeps me coming back to movies like *Rocky*, *Breaking Away* and *Hoosiers*, because it's comforting to know exactly what you're going to get.

Just like pot roast. But what no bookie would've placed odds on was that after our Sunday night pot roast accompanied by some FNL, we'd have leftovers. Actual leftovers! So on Monday night, with more FNL, we warmed up a baguette and topped it with the leftover roast, slivers of red onion and beautiful, bitter dandelion greens fried up in olive oil, garlic and chillies.

Clear eyes, full stomachs, can't lose.

Jessica Allen is the digital correspondent on CTV's *The Social*.

MEMORABILIA

Ralphie's Red Ryder comes home for Christmas

A museum dedicated to *A Christmas Story* has acquired the holy grail of movie memorabilia: a Red Ryder BB gun wielded by Ralphie in the beloved holiday film.

The Cleveland house where exteriors for the 1983 movie were shot already draws thousands of tourists year round. Now visitors to the adjacent museum will get to lay eyes on the Christmas gift Ralphie longed for most of all: the "Red Ryder Carbine Action 200-shot Range Model air rifle with a compass in the stock and this thing which tells time."

Brian Jones, the owner of the house and museum, paid \$10,000 for it on an Internet auction site.

THE ASSOCIATED PRESS



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Perfecting the role of a psychopath

JESSICA JONES

David Tennant says key to acting is to keep feeling scared

In person, David Tennant has charm aplenty, but nothing like the control freak he plays in the new Netflix series *Jessica Jones*.

As the villainous Kilgrave, he plagues the show's title character — a lapsed superhero played by Krysten Ritter — with superhuman persuasion. Kilgrave's every wish is Jessica's command.

"There wasn't a massive amount of research I could do to play a mind-controlling psychopath," says Tennant. "At first glance, Kilgrave's power might sound attractive. But what would it really be like to live with?"

Viewers are invited to explore that at their chosen pace, since all 13 episodes of *Jessica Jones*, based on the Marvel Comics character of the same name, are available for streaming on the Netflix website.

Tennant says he's "properly hooked."

"My character doesn't really get going until episodes five or six or seven," he says. "Not being heavily featured

in those early episodes allowed me to join them as a viewer without having to stare at myself."

Kilgrave is only the latest in a stable of varied, vivid characters tackled by the Scottish actor. They include a singing-and-dancing lawman in the TV crime drama *Viva Blackpool*; the 10th Doctor in the hallowed *Dr. Who* franchise; Barty Crouch Jr. in the film *Harry Potter and the Goblet of Fire*; and a detective investigating murder in a quiet British village in the hit series *Broadchurch* (plus the same role in the U.S. version that aired on Fox).

Tennant grew up in a small town outside Glasgow. He was the son of a minister, whose line of work, he notes, entails a certain element of theatre, "so I'm sure that, somehow, watching my father 'perform' must have inspired me."

Shielded by youthful idealism from any recognition that "trying to make a living as an actor is a bloody stupid idea," he was accepted at age 17 to the Royal Scottish Academy of Music and Drama, and has been working since he was 20.

Now a boyish-looking 44, he is asked to explain his acting process. He bursts out laughing, with his insistence that he doesn't have one underscored by the T-shirt

he happens to be wearing that proclaims, "Anybody Can Do What I Do."

But then, playing the good sport, he gives it a shot:

"It's a bit like wearing in a pair of shoes," he begins. "You put them on your feet, and at first they squeak and hurt and you can't really walk. But you LIKE these shoes, so you work away at it until the shoes feel com-

fortable."

He shakes his head and chuckles again: "What am I saying?!"

A model of humility, Tennant counts himself among those actors "just waiting for someone to tap you on the shoulder and go, 'Enough, man! We've all had a laugh. Now it's time to stop pretending you're any good at it.' You exist in a constant

sense that you're balancing on some very shaky floorboards and at any time it's going to collapse, and you'll be left looking for a job at Starbucks."

But if that's the case, Tennant's balancing act continues to go well, "and I'm very grateful," he says.

"Within the small range of choice you have as an actor, I do tend toward things

I haven't done before. My response is, 'What an unusual thing to be asked to do! I should probably say yes to that.' And I feel very lucky that, thus far, my spectrum of choice has been broad enough to keep things bubbling along.

"As an actor, you just want to keep joining the jobs up — and keep feeling a little scared." THE ASSOCIATED PRESS



David Tennant plays the villainous Kilgrave in the new Netflix series *Jessica Jones*. CONTRIBUTED



Within the small range of choice you have as an actor, I do tend toward things I haven't done before.

David Tennant on the trajectory of his career

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A not-so rockin' Christmas this year

CHARTS

2015 is drawing to a close with nary a non-pop tune in sight

Alan Cross

For Metro Canada



Notice anything missing from the charts this year? Once you get past The Great Wall of Adele, it's a sea of pop, urban, R&B and country. Anything vaguely rock-related is almost nowhere to be found.

This week, the best-performing rock act in Canada is Rush with their multi-CD R40 live collection at No. 19. Further down, there's Nathaniel Rateliff & the Night Sweats (an alt-rock hit) at No. 24, Drones from Muse at No. 31 and City and Colour at No. 34. That's just four rock acts in the Canadian Top 40.

It's even worse in 'Murica: Rush (No. 14), the new Grateful Dead live album (No. 29) and Blurryface from Twenty-One Pilots (No. 40).

And it's not the impact of streaming. There's only one rock-ish act, — X-Ambassadors' Renegades, in the Top 40 on the Canadian streaming charts—and it's at No. 40 the last time I checked. It's also the top streaming rock-ish song in the US, but we don't encounter it until we reach No. 103.

What's going on? A couple of things.

With the exception of Coldplay's *A Head Full of Dreams*, which is out today (and whether Coldplay can be classified as "rock" is certainly up for debate), there's been a dearth of high-profile rock releases in the fourth quarter of 2015.

Come to think of it, the third quarter was pretty barren, too.

Second, we might be in a transition phase from the pop and melodic post-Mumford & Sons pop-rock of the last couple of years to something harder and heavier. The evidence? The new albums from Justin Bieber and One Direction.

Each of these releases pushed for a more mature

sound, an attempt to grow up with their original teen fans.

This cohort of music consumers — and it's a big one — is aging into their late high-school and early college years, a time when people tend to get more serious about their music.

Past trends show that as a demographic bubble of teens age, a good portion of them will want something more serious, darker, harder and heavier. Bieber and 1D are trying to harness that, even if just a little. Meanwhile, rock is waiting to embrace these kids.

Another thing about history: music tends to lean heavier when there's both Republican in the White House and a Conservative at 10 Downing Street. We're halfway there — and we have an American election coming in November.

If history is an indicator, things should get more rockin' through 2016 and 2017.

For more, go to AJournalofMusicalThings.com or follow me on twitter at @alancross.



Beside's Coldplay's *A Head Full of Dreams*, the musical landscape has been pretty rock free lately, but if history is any indication, this will probably change. GETTY IMAGES



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Alberta sisters kick it in holiday show

CHRISTMAS

Dancers say Rockette show is now family tradition

The world-famous Rockettes are supposed to look alike, but fans this Christmas might do a double take — and then a triple.

Three long-legged, athletic sisters from the rural Alberta community of Lacombe — including two identical twins — are in the Radio City Christmas Spectacular lineup.

Landing a job among this high-kicking chorus line is very special. Can three come from the same family?

Meet Kristin, Lisa and Alison Jantzie, celebrating their fourth year as Rockettes together.

"It's kind of wonderful to be onstage with your family," said Alison, dance captain in the recent Broadway show Gigi with Vanessa Hudgens. "We've kind of made this a tradition for ours, obviously."

Kristin, in her 11th Christmas show, was the first to be a Rockette. She and her twin, Lisa, technically the oldest by a few minutes, got their first professional jobs at age 18 at the Tokyo Disney Resort.

Kristin later auditioned for a touring production of the Rockettes in Los Angeles and got the job after showing her skills at tap, jazz and precision dance. Both of her sisters went to see her when the show went to Detroit in 2005.

Lisa looked at the stage and, well, saw herself: "When you

see somebody you know doing something, it kind of does open your eyes to the possibility."

Kristin's sisters eventually joined her at Radio City Music Hall, but took their own routes. Lisa, who gravitates toward ballet, worked at the National Ballet of Canada and Alberta Ballet. She's in her sixth Rockette show.

Alison, the youngest, loves musical theatre and studied at the Randolph Academy in Toronto. She acted in regional productions of Cats, High School Musical and Mary Poppins. She's in her fourth Radio City show.

Some weeks they'll perform 17 shows, and having some sibling love is helpful.

"It's always fun to look across the rehearsal hall and catch their eye and be like, 'OK, here we go, 5-6-7-8. Let's begin!'" said Alison.

They live in New York now, no more than 20 minutes apart. Lisa and Kristin live in the same building, nine floors apart.

They say being Rockettes together is a nice oasis from their competitive careers, which sometimes pits them against each other.

The Jantzies — they have a brother who doesn't dance — credit their mother with encouraging their dreams.

Now every year at Christmas, the Jantzie family gets together in New York to celebrate. The sisters will look out from the stage and see some familiar faces.

"Sometimes our family will wear their holiday sweaters. So we can sometimes pick them out," Kristin said.

THE ASSOCIATED PRESS



It's kind of wonderful to be onstage with your family.

Alison Jantzie, one of three Canadian sisters that perform together in The Rockettes dance company



Radio City Rockettes Kristin, Alison and Lisa Jantzie are from the rural Alberta community of Lacombe. CARL SCHEFFEL/MSG PHOTOS VIA THE ASSOCIATED PRESS

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5

HOT THINGS TO DO IN BARBADOS

This past Monday marked the start of one big, yearlong party in Barbados to celebrate 50 years of independence from Britain — your presence may just be required. Why not start planning your trip now?

DOUG WALLACE METRO



Frying it up at Oistins Bay Gardens. DOUG WALLACE

1 Eat local

The street food trucks and rum-shop takeout counters are crowded with locals and tourists for good reason: They harbour some of the most delicious home cooking you will ever taste. The Oistins fish fry is a Friday-night highlight, with dozens of market stalls sizzling with goodness. And the lineups at Cuz's Fish Stand in the Garrison in Bridgetown are so healthy on weekdays, he takes the weekend off.



Mount Gay is the world's oldest rum brand. DOUG WALLACE

2 Try the rum

Barbados is by all accounts the birthplace of rum. Mega-distiller Mount Gay dates back to 1703, when it was discovered that the molasses they had been discarding after processing the sugar cane fermented quite nicely. Traditional rum "shops," roadside one-room bars where people gather to watch cricket and play dominos, are scattered throughout Barbados. Don't be afraid to belly up for a rum punch or a Banks beer.



The beach at Saint Peter's Bay. CONTRIBUTED

3 Head to the beach

The west and south coasts offer one beach of finely ground coral sand after another — take your pick. Then take a catamaran cruise, go kayaking or paddle-boarding, or just sit on a lounge and enjoy the million different shades of blue.

There are also dozens of dive sites to sink your mask into, with Barbados Blue at Needham's Point Pebbles Beach being the dive shop of choice — an excellent launching point for shipwrecks in Carlisle Bay.



Roiling surf at Bathsheba Bay. DOUG WALLACE

4 Catch a wave

The easygoing east side of Barbados is where locals go to relax on the weekend — or surf. A day trip to the rugged Atlantic coastline of Bathsheba will reveal stunning views, plus a few hints of the island's colonial past, particularly if you venture into the Atlantis Hotel, which dates back to the 1880s. Make a pit stop on the patio before taking a hike along the old railway tracks to watch the surfers at the Soup Bowl, a world-famous reef break.



Watch local and international polo matches. DOUG WALLACE

5 Cheer on the ponies

When the beach gets boring, head to the sports pitch. Cricket isn't the only game in town, either. The popularity of polo in Barbados reaches back to the island's colonial roots, the first match being played in 1884. The Polo Club regulates four playing fields, welcoming international teams in a season that runs from January through May. Prince Charles and Prince Harry have both played polo here many times.

ONLINE
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MICHIGAN

Five reasons to visit Detroit right now

Melissa Dunne
For Metro Canada



Back in 2013 everyone was talking about Detroit filing for the largest municipal bankruptcy in U.S. history. More than two years later the gritty city is undergoing a revitalization driven by a mix of bright-eyed, bushy-tailed hipsters and old-school, laid-back Detroiters. The Motor City is motoring along as it very slowly, but surely, rises from the ashes of bankruptcy with lots for Canadian tourists to see and do this winter.

1 Cheers!

Metro Detroit has a growing craft beer scene, with more than 30 brewpubs making Eater.com's list of where to drink in The D. One of the best places to try a bunch of local brews at once is the Grand Trunk Pub. The building in the heart of the city used to be a jewelry store when it first opened in 1879 and became a ticket office for the Grand Trunk Railway in 1910.

It's been a bar since 1935 and offers more than 170 bottle craft beers throughout the year. Opt

Motor City makes its comeback



The Detroit waterfront as seen from Windsor, Ont. PHOTOS SUBMITTED

for one of the many Michigan-brewed craft beers on tap, such as Bell's Brewery's Two Hearted Ale (\$5.50 US for a pint).

2 It's (sort of) the New Brooklyn

The hometown of Ford's Model T is now home to places like Detroit Bikes and Shinola, whose Muhammad Ali Limited Edition Arrow bicycles start at \$1,200 US. In certain areas there's been an influx of people who wear plaid shirts, thick glasses and rugged

hiking boots whilst biking to an indie coffee shop (such as the admittedly excellent Astro Coffee) for a flat white.

While there have been several news stories seriously asking if it's the New Brooklyn, that's seriously a stretch. But, some hip neighbourhoods, like Corktown and Midtown, are quickly becoming gentrified, so best case see them now before they lose all of their original character.

3 Say Yes to Michigan!

Detroit is now out of bankruptcy, but is currently the poorest big city in America — with a shocking 39.3 per cent of the population living below the poverty line. Like the old tourism slogan that is now found on many a hipster T-shirt "Say Yes to Michigan!" by visiting and supporting the local economy.

The birthplace of Motown Records is also the birthplace of White Stripes frontman Jack White, who just opened an outpost of Third Man Records in



Slows BBQ in Corktown has a perpetual waiting list.

the so-hip-it-hurts Cass Corridor neighbourhood. Make time to visit the Motown Museum, a.k.a. Hitsville U.S.A., for an exuberant tour looking back at Detroit's uplifting musical history.

4 A winter wonderland

Be warned, Detroit is called the Motor City for a reason: The public transportation is not up to snuff and you will need a car to get around. You'll be able to park your car in the core for a few dollars while you glide around on the skating rink at Campus Martius Park. The park area also features a twinkling Christmas tree and rink-side bar this time of year. You can then head up the I-96 to the scenic Ann Arbor, Mich., area where there are a bevy of nearby places to see rural Michigan via cross-country skis or snowshoes.

5 Foodie heaven

Detroit has a great (and growing) foodie scene. To get a real sense of all the local food and produce drive over to the Eastern Market, which runs year-round every Saturday from 6 a.m. to 4 p.m. After checking out the sprawling market area, drive back to Corktown for dinner at Slows BBQ. The popular rib joint pretty much always has a waiting list of people waiting to dig into the finger-lickin' good ribs and fixins, such as mac-and-cheese, corn bread and beans. If you're looking for something more refined you only have to walk a few steps away for Gold Cash Gold, which has a rotating menu of seasonal foods likely for less gold cash gold than you'd anticipate.

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Panama on the cusp of shining brightly

ON THE MOVE

A wild rafting tour just one way to see this lively country

Loren Christie
For Metro Canada



On Day 4 of a G Adventures trip to Panama a protest over government infrastructure projects by the local indigenous people forced our group of 15 intrepid travellers off the bus and into the heat for almost two hours.

Happily a nearby store, equipped with basic bathrooms guarded by chickens, sold us some beers to enjoy while we waited it out. The experience was a little uncomfortable but charmingly genuine and typical of what to expect when travelling in Panama, Central America's diamond in the rough.

Boquete offers limited services in terms of restaurants and hotels but is doing an admirable job staking its claim as Panama's adventure capital.

Located close to the Costa Rican border, the town is set within a lush mountain valley dotted with coffee plantations and offers travellers a variety of hard and soft experiences from zip-lining and horseback riding to a variety of hikes including an overnight journey up an extinct volcano.



UNESCO-protected Casco Viejo is what I suspect Havana will look like in 10 years.

I took a whitewater rafting tour through some intimidating rapids that saw my 200-pound raft mate swept over the side! While I was definitely thankful for our fearless guide, Tini, I was more thankful to have the river to ourselves; we did not see one other raft during our four-hour excursion.

Our destination on Day 4 was Bocas Del Toro, a collection of beautiful palm tree-covered islands that are mostly

populated by surfboard-toting backpackers. The only town of any size, Bocas Town, is mostly made up of hostels and waterfront bars and exudes a laid-back charm. Chatting over morning coffee at The Coffee Shop with owner and self-professed soul surfer Ernesto Velasquez was as much a highlight as spotting baby dolphins and sloths on a boat trip to Coral Cay.

Panama City's UNESCO-protected Casco Viejo is what I suspect Havana will look like in 10 years if the Cuban capital receives the predicted influx of American cash. The formerly derelict colonial buildings in the Panamanian capital are well into the process of being restored to their former grandeur. Many are already home to funky bars, incredible restaurants and shops.

I ate my last dinner at The Fish Market, a pop-up food truck parked in the middle of the crumbling walls and columns of a yet-to-be-reclaimed building. The white wine was terrible, the fish tacos were good, but the energy I felt from a place that is truly on the cusp of shining brightly was infectious.



The Coffee Shop in Bocas Town on Isla Colon, with owner Ernesto. PETER REMUS



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TRAVEL NOTES REMOTE FISHING, NEW YORK DEAL

Luxury angling

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Astove Atoll has the world's best fishing. CONTRIBUTED

Holiday in NYC

This may not seem like a deal, but it is. The two Gansevoort Hotels in New York (Meatpacking and Park Avenue) are offering a Get Merry holiday package that includes accommodation, passes for skating at Bryant Park, breakfast for two at either The Chester or Ristorante Asellina, welcome gifties and two three-day Metro passes. The perfect winter urban escape. From \$600. Visit Gansevoorthotelgroup.com.



Gansevoort Meatpacking NYC. CONTRIBUTED

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DOUG WALLACE



Sometimes, disruption insurance is worth it. ROSS PARMLY

Lights beckon in Lower Manhattan

NEW YORK

'Mood ring' museum among new draws in neighbourhood

On a dark December night, a canopy of lights glitters across Lower Manhattan, and not just from One World Trade and the other downtown skyscrapers. The neighbourhood sparkles with new attractions, from the otherworldly glow of the SeaGlass carousel in Battery Park to a colorful, choreographed light show called Luminaries at the Winter Garden.

You'll also find upscale shopping, outdoor art, 22 hotels and many dining options. Here are some details.

SeaGlass Carousel

The SeaGlass Carousel is unlike any merry-go-round you've ever ridden. No toothy wooden horses and vintage organ music here. Instead, the glowing, pastel seats are shaped like seashells that spin and weave while a soaring, dreamlike soundtrack plays. The attrac-



Several globes from the Cool Globes public art installation in Lower Manhattan, with One World Trade in the background. PHOTOS BY BETH J. HARPAZ/THE ASSOCIATED PRESS

tion is located in Battery Park at the tip of Lower Manhattan, a short walk from the boats to the Statue of Liberty and Ellis Island. The Staten Island Ferry terminal is nearby as well, with free trips across New York Har-

bor 24 hours a day.

Pier A

Not far from the carousel heading west along the waterfront is Pier A Harbor House, a landmark building that dates to

1886. It now houses several dining options, with lovely views of the water on one side and on the other side, the skyscraper canyons of the financial district — increasingly known as FiDi — highlighted by One



A cheese display at Le District, a French food hall at the World Financial Center.

World Trade. Menus range from fun pub fare to oysters, lobster and other seafood. A plaza surrounding the building entrance is dotted with 12 large, colourful Cool Globes. The globes are a public art installation on view until April, designed to raise awareness about global warming.

World Financial Center

This building just west of One World Trade on the Hudson River offers shopping, food and a respite from the hustle and bustle of the streets outside. Enter at Brookfield Place and check out the upscale retail-

ers, from Gucci and Ferragamo to Diane von Furstenberg and Michael Kors. Then make your way to the Winter Garden, a vaulted glass atrium 10 storeys high. New for the holiday season, through Jan. 10, is Luminaries, a free, colourful, hypnotic light installation that bathes the atrium in a choreographed palette of moody blues, lavenders and other hues from 650 hanging lanterns.

Also onsite is Le District, a French food hall where you'll find crepes, coffee, cheese, sandwiches, fresh produce, flowers and more. And until Dec. 15, just outside Brookfield on the waterfront is a free interactive exhibit called the Museum of Feelings, billed as a "mood ring of the city" that changes colours based on visitors' emotions. Be prepared for long lines to enter the museum.

One World Trade

A visit to the serene and moving 9/11 Memorial park adjacent to One World Trade is a must for any trip to New York City. Other options for visitors include the 9/11 museum and the tower observatory.

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Find meaning with gift giving

FOR THE HOLIDAYS

Listen up, be unique and find a theme

Astrid Van Den Broek

You finally did it. You've trimmed down your gift-giving list so you're giving out fewer chocolate truffle filled coffee mugs to people you barely know and thus can spend more on those nearest and dear to you. So what to get when you've got a little bit of cash? How can you pick truly memorable gifts? We asked gift bloggers for their thoughts on selecting the perfect gift.

BE A LISTENER

"Listen closely to the people in your life," says Lindsay Roberts Schey, founder of the blog TheGiftInsider.com. "Many people unintentionally mention things they really want or need or some may drop

subtle hints at what they are really hoping for." If you're not good at listening in, rely on how well you know them and give some thoughts to their interests and hobbies. "There are hundreds of gifts out there associated with even the most obscure hobbies and tastes," says Roberts Schey. "If you find a few smaller items, put them together in a themed gift set because everyone likes to get lots of presents."

Really stumped? "Another gift idea goldmine is a person's Pinterest or personal Facebook page," suggests Marie Anakee Miczak, the New York-based blogger behind gavethat.com.

GO FOR SOMETHING DIFFERENT

"Try to give experience-based gifts such as a subscription box service, passes to the movies or a gift card to a local coffee shop," suggests Miczak. Make it harmonize by packaging movie gift certificates with a bag of liquorice or some packages of microwave popcorn to hit the theme

home or pair a lovely bath towel set with a bag of scented Epsom salts.

THINK UNIQUE...

... and something that you would like to get. "The best gifts are the ones that people absolutely love but just wouldn't buy for themselves or would buy for themselves but you found it first," says Lisa Pozin, the Vancouver-based owner of Giving Gifts.

OR THEMED

Like books, calendars or sports items. "Start the habit of having 'signature gift' for each type of person on your list," says Roberts Schey. "It saves you time and you end up having your own 'style' of gift-giving each season."

Also think about grouping items together to complete a theme if you can't find a substantial enough gift to give to someone on your list. Package them in a practical vessel like a chic ice bucket or square vase to complete the look, adds Roberts Schey.



How do you pick your gifts to elicit a response like this? iSTOCK

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TECHNOLOGY

Smartphones offer a little of everything for everyone

Mike Yawney

It should come as no surprise Smartphones continue to be a top holiday gift. With powerful processors, incredible cameras, and hundreds of thousands of apps, they are the gift that keeps on giving.

Here are some of the best smartphones of the holiday season.

iPhone 6s Plus \$1,029 and up

Apple's latest smartphone is unlike any other. With 3D Touch, users can interact with the device in new ways by simply varying the amount

pressure applied to the screen. The 12-megapixel camera snaps amazing pictures in a variety of lighting conditions, and users can watch their images

come to life with Live Photos, which add movement into every shot you snap. This is also the first iPhone to shoot 4k video (4 times the resolution of HD) with incredible image stabilization.

Nexus 6P \$699

This flagship Android smartphone features Marshmallow, the latest version of Google's operating system. The

beautiful 5.7-inch display is housed in a contoured aluminum body with front-facing

stereo speakers for top-notch audio. A fingerprint sensor keeps the device secure from prying eyes, while the 12-megapixel camera excels at shooting in environments with less than ideal lighting conditions.

BlackBerry Priv \$899

The very first BlackBerry to run Google's Android operating system. This unique smartphone focuses on privacy and productivity. An over-sized screen increases productivity, while the sliding physical keyboard makes it easy to type. Since Priv runs Android, BlackBerry users will finally have access to hundreds of thousands of apps, something that has been lacking on BlackBerry devices.



Motorola Moto G \$230

A budget-friendly smartphone with plenty of features. The quad-core processor means blazing fast speed while

using apps, or playing games, and you won't have to search for a plug-in as the battery is designed to last an entire day. The phone is also water resistant in up to three feet



Lumia 950 \$749

This first new Windows phone in nearly two years, the Lumia 950 features some high end specs and runs Windows 10 for ultimate productivity.

A 20-megapixel camera blurs the lines between point and shoot cameras and smartphones, plus you can also connect your Lumia 950 to the Microsoft Display Dock and use it with an external monitor, keyboard and mouse just like a full-fledged PC.



HTC One A9 \$649

This Android smartphone features an edge-to-edge 5-inch high-definition screen, which displays 40



per cent more colour than normal LCD screens. Games and apps not only look good, they sound amazing. Built-in DAC converts 16-bit audio into 24-bit high-resolution sound for added richness and depth, unlike anything you have ever heard before on a smartphone.

Samsung Galaxy S6 Edge+ \$949

A smartphone with a truly unique design. The stunning 5.7-inch display wraps around the edges for a one-of-a-kind viewing experience. Not only do games and apps look great, the outer edges provide shortcuts to apps and notifications, even when the phone is facedown.

One of the most useful features however has to be the ability to fully charge the phone in 120 minutes.



- 1 iPhone 6s Plus, \$1,029 and up
- 2 Nexus 6P, \$699
- 3 BlackBerry Priv, \$899
- 4 Lumia 950, \$749
- 5 Samsung Galaxy S6 Edge+, \$949
- 6 Motorola Moto G, \$230
- 7 HTC One A9, \$649

All prices are based on the purchase of a phone without a contract.



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L'Occitane Pierre Hermé Grapefruit Rhubarb

When the chef behind the world's best macarons uses his exceptional senses to create perfume, delightful things happen. This fresh, spicy eau de toilette is lively and sweet without being sugary. \$65 at L'Occitane en Provence, ca.loccitane.com.



men. Give it to your other half with a "let's share" and a wink. \$107 at birchbox.ca.

Tory Birch Holiday Cracker and Candle

The fashion designer's signature crisp floral charms with festive wrapping; pair it with the luxurious candle scented with the same fragrance for home. \$31 and \$72 at Sephora, sephora.ca.



Atelier Cologne Neccsaire Azure Gift Set

Each of the four travel-sized atomizers in this collection is a fragrant escape to the Italian coast, evocative of deep blue sky and sea, and sunny, citrus-scented breezes. \$32 at Sephora, sephora.ca.



Nina Ricci L'Extase

Deeply sensual with heady florals, musk, amber and caramel, this oriental is about smooth warm skin and ruffled, 1000-threadcount Egyptian cotton sheets. \$95 at Hudson's Bay, thebay.com.



Miu Miu Miu Miu

The first fragrance from Miuccia Prada's Miu Miu label is a bright, alluring floral perfume, youthful and sweet, with a hint of nostalgia. The only thing missing is a display case for its unique and wonderful bottle. \$135 at Holt Renfrew, holtrenfrew.com.



Dior J'Adore Touche de Parfum

A new concept for Dior, this intensely floral dabber, anchored with musk and sandalwood, is designed to enhance whatever's spritzed on top... such as Poison or the J'Adore she already owns and loves. \$112 at Hudson's Bay, thebay.com.



The Body Shop Black Musk

Fourth in the very successful range that started with White Musk in 1981, this dark and sweet gourmand-rich oriental floods the senses with marzipan, almond, licorice root, black vanilla and black musk. Choose from eau de toilette, eau de parfum and perfume oil — or give her all three. From \$25 at The Body Shop, thebodyshop.ca.



Scents for Him

SCENTS FOR HIM

Fragrance is all about personality. Our roundup has one for every guy on your "nice" list — and maybe your "naughty" list too.

Aramis Black

A new urban-man eau de toilette that goes from the office to happy hour, this scent starts with bold, crisp, green leafy notes and gradually develops its aromatic side — juniper wood sweetened with tonka bean and rich cognac, smoky leather and white incense. \$64 at Holt Renfrew, holtrenfrew.com.



Floris No. 89

A British scent released in 1951, this is for the well-dressed retro fellow in your life. A traditional woody aromatic with citrus and rose, it finishes with woods, moss and musk. Fun fact: Bond creator Ian Fleming was a fan. \$105 at menessentials.ca.

L'Occitane Eau de Cedrat

Could be his Monday-morning best mate, with its eye-opening burst of bright, citrusy bergamot, that soon softens to spicy nutmeg, ginger and smooth, woody notes. \$58 at L'Occitane en Provence, ca.loccitane.com.



Prada Luna Rossa Sport

Most "sport" scents are all about invigorating freshness. This eau de toilette is softer, warmer and sweeter, with juniper berries, lavender, vanilla and tonka beans. He'll wear it after the game, for congratulatory cocktails to celebrate his win. \$72 at Murale, murale.ca, and Shoppers Drug Mart, shoppersdrugmart.ca.



The Vagabond Prince Land of Warriors

For old-world warriors on horseback or tatted, modern weekend warriors on bikes — this niche eau de parfum is all about leather, worn-in like a well-loved moto jacket, with notes of rum, woods and tar. \$200 at menessentials.ca.



Giorgio Armani Acqua di Gio Profumo

A follow-up to immensely successful sea-and-citrus Acqua di Gio (which debuted almost 20 years ago), this elegant scent is a darker version, with marine and spicy notes that break over patchouli and incense. \$109 at Hudson's Bay, thebay.com.



Thierry Mugler A*Men Ultra Zest

Newest in Mugler's lineup of A*Men scents, this bold eau de toilette opens with a splash of juicy sweet orange and ginger and develops with coffee notes, cinnamon, pepper, vanilla, patchouli and tonka. Mugler fans will dig it like dessert. Limited edition, \$99 at Shoppers Drug Mart, shoppersdrugmart.ca, and Jean Coutu, jeancoutu.com.



Penhaligon's Juniper Sling

For the guy who likes a good early hike followed by a hot toddy to temper the chill, this eau de toilette begins with the freshness of fragrant pine on a crisp morning and warms up with leather, cinnamon and cardamom, plus cherry, sugar and amber for a sweet hit. \$195 at menessentials.ca.



Valentino Uomo Edition Noire

The graphic matte black bottle broadcasts the personality of this eau de toilette, a potent oriental fragrance with cedar, hazelnut, leather, chocolate and roasted coffee bean notes. \$98 at Hudson's Bay, thebay.com.



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Special gifts for the special people

TEACHERS/COACHES

Thanking those who help shape the lives of your kids

Ylva Van Buuren

Someone once said that a good coach sees in you what you can't see in yourself. If that's how your son or daughter feels about any of their coaches or teachers, suggest you wrap up a gift for them this holiday season. These ideas all get an A+.

For lunch: Plaid thermal carafe will keep your teacher's lunch warm — and it looks good too. \$49.95 from Crate and Barrel, crateandbarrel.ca. Or, choose the 473 ml/16 oz. insulated Klean Kanteen with double-wall interior, wide mouth, and leak-proof cap. \$32.99 at Sporting Life, sportinglife.ca.

Wise to you: Everyone loves to decorate for the holidays. This large resin owl will look perfect on the teacher's desk — or just as good on her mantle at home. \$34.99 at Canadian Tire, canadiantire.ca.

Under-the-desk decor: Whether your teacher drives a motorcycle or teaches shop, this Harley Davidson Waste Basket will make a fun holiday gift. It will spark conversation too. \$19.99 at Canadian Tire, canadiantire.ca.

Holidays: Chalkboard decorations are a perfect gift for a teacher... they will shine in the classroom or at home as holiday decor. The decorations are reusable and easy to clean — just rinse. From \$3.99 to \$8.99, at Michaels, michaels.com.

Just for fun: Festive milk bottles all lined up in a row will help anyone get into the holiday spirit. \$3 each at Michaels, michaels.com.



Wet your whistle: The S'well Santorini 17 oz. water bottle travels well and looks good at the gym or on the outdoor track. It's available in several colours. \$40 at Indigo, chapters.indigo.ca.

Best teacher: Here's to the Best Teacher Ever, even if it is just coffee. \$12 at Indigo, chapters.indigo.ca.

Watch me: Pool your money with the rest of the class and outfit your favourite coach with a Fitbit Charge HR Wireless Activity Wristband. It does everything from tracking steps and heart rate to monitoring calories and workout intensity. Syncs to

more than 100 leading smartphones. \$179.95 at Amazon.ca.

Quiet class: For the teacher who has everything, choose this vintage inspired desk bell. It's a great way to get everyone's attention. \$5.99 at Winners, winners.ca.

Recess: Everyone needs to chill out... wrap up an Adult Colouring Book for your teacher. \$9.99 at HomeSense, homesense.ca.

Warm wishes: For cold outdoor practices, your favourite coaches will appreciate the Pom Beanie (\$29.95 at Gap, gapcanada.ca), or cosy ear muffs (\$62, Banana Republic, bananarepublic.ca).

Dr. Cool Wrap: Coaches will love the Coolcore Dr.

Cool Wrap for sports injuries (or injuries on the job). It combines cold therapy with compression technology to reduce swelling and aid recovery. \$24.99 at Sporting Life, sportinglife.ca.

Chalk it up: The ultimate climbing accessory, you can never have too many chalk bags. Wrap up this handy organic chalk bag for your outdoor instructor. Waist belt included. \$27 at Mountain Equipment Co-op (MEC), mec.ca.



Go vegan: The Thug Kitchen recipe book is the hottest (most profanity-filled) vegan cookbook going. Share it with a teacher who will understand — and enjoy and make use of it. \$31.95 at Indigo, chapters.indigo.ca.



- 1 Harley Davidson Waste Basket (\$19.99, Canadian Tire)
- 2 Pom Beanie (\$29.95, Gap)
- 3 Organic chalk bag, with waist belt (\$27, MEC)
- 4 Vintage-inspired desk bell (\$5.99, Winners)
- 5 Thug Kitchen vegan cookbook (\$31.95, Indigo stores)
- 6 Festive milk bottles (\$3/each, Michaels)






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Science of simple

READERS' CHOICE

Woman's chili experiment a household favourite

Jennifer Friesen

Sze Young always loved to cook. Even before she was old enough to reach the stove, she would mix up some flour and place it on a heater, waiting patiently for a masterpiece to emerge.

"I'd sit there thinking, 'Oh, it'll bake,'" she laughs. "Even as a kid I would much rather play with cooking sets rather than Barbie dolls."

Now, the Calgary dentist still loves to experiment with recipes, taking bits and pieces of recipes online and making them her own.

One experiment began two years ago, when Young was researching a simple meal her husband could bring to work instead of having to eat out.

+ A FEW TIPS

1. "Start with onions and garlic and then add the ingredients that cook quickly near the end so the consistency of the chilli is hearty, not mushy like canned soup."
2. "You can mix up how spicy you want it based on how much chilli you use in it."
3. "Find creative ways to serve it. You can put it in a bread bowl, or on chilli cheese fries or with mashed potatoes on top. Just try to be creative instead of only having chilli in a bowl."

After a few tries, she eventually mastered her homestyle chili.

"I just tried to come up with a skeleton for a chili and now this is pretty much my own," she said. "All that's really the same is the ground beef and the peppers."

After getting it just right, Young gave it a taste and knew this one was a keeper. And not only has it made for a healthy to-go lunch for her husband, but it's proved to be a hit for informal get-togethers with friends.

"You can be creative with it for different gatherings," she said. "One night we had a movie marathon with

friends and ended up making some fries and put the chili on top. It's just great comfort food."

Working in a health profession, Young said that she's always trying to find ways to make her meals body-smart. If a recipe calls for canned tomatoes, she'll substitute fresh tomatoes, if another calls for a cup of sugar, she'll try it with half a cup.

"Whatever I can do without messing the recipe up," she said. "It really makes this chili taste home-cooked. I think (having) fresh ingredients is really what makes home-cooked meals so good, right?"



Sze Young's love of experimenting with food eventually led to her homestyle chili. JENNIFER FRIESEN

≡ HOMESTYLE CHILI

INGREDIENTS

1 package lean ground beef
3-4 cloves garlic
1/2 medium yellow onion, chopped
1 yellow pepper, diced
1 red pepper, diced
3 stalks celery, cut into 1/8" pieces
1/4 cup Kraft Sun dried Tomato dressing
3 medium tomatoes, diced into small cubes
1 can red kidney beans, rinsed and drained

1/2 tsp. each of: cumin, oregano, paprika, chili powder, onion powder, basil leaves, thyme, rosemary, salt
1 jar hot Tostitos salsa
Pepper to taste
Smoked cheddar cheese and chopped green onions to garnish

DIRECTIONS

1. Heat Kraft dressing in a large pot and add garlic and onions.

2. Sauté until aromatic and onions are slightly translucent.
3. Add ground beef and cook on medium heat, stirring constantly, until beef is almost all browned.
4. Add celery, kidney beans, peppers, spices and continue to cook for about 10 minutes, stirring occasionally.
5. Add tomatoes and salsa, and continue to simmer for about 10 minutes.

SHARE YOUR RECIPE with us For a chance to WIN \$100 CO-OP GIFT CARD

Add a fresh Winter's turkey.

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Cavaliers guard Kyrie Irving, who broke his left kneecap during Game 2 of the NBA Finals last season, has been fully cleared to practise



Ray extends his tenure in blue by two years

The Toronto Argonauts and 36-year-old quarterback Ricky Ray have reached a contract agreement that will keep Ray in Double Blue for two more seasons. Financial terms in the two-year deal were not revealed.

Ray, a 13-year CFL veteran who has been in Toronto since 2012, was set to become a free agent on Feb. 9.

While the dollar figure was not released, it's said to be structured to leave enough cap room to re-sign QB Trevor Harris as well.

In another move Thursday, the Argos named veteran coach Rich Stabler defensive co-ordinator, marking his third stint with the CFL club.

TORSTAR NEWS SERVICE

Eskimos retain Canadian slotback Watson

The Edmonton Eskimos avoided free agency with Canadian slotback Cory Watson on Thursday by signing him to a contract extension through the 2017 season.

Watson had 42 catches for 319 yards and three touchdowns last season.

He added two catches for 26 yards last Sunday in the Eskimos' Grey Cup victory over the Ottawa Redblacks.

Watson, a native of Dolard-des-Ormeaux, Que., is a six-year CFL veteran.

THE CANADIAN PRESS

Oh n-Oshie didn't: Caps edge Habs on late goal

NHL

Washington continues dominance in Montreal

T.J. Oshie's second goal of the game broke a tie in the third period and lifted the Washington Capitals to a 3-2 victory over the Montreal Canadiens on Thursday night.

Tom Wilson also scored for Washington (18-5-1), which posted a sixth consecutive victory despite being outshot 35-19.

Lars Eller and Brian Flynn scored for Montreal (19-5-3), which ended a six-game run without a regulation time loss.

The Capitals improved to 10-0-2 in games at the Bell Centre since 2009 and goalie Braden Holtby ran his career record against Montreal to 7-0-2.

Washington needed Holtby at his best as the Canadiens outworked the Capitals most of the game and had the majority of scoring chances.

Mike Condon, replacing injured Carey Price in the Montreal net, allowed three goals on his first 16 shots.

The Capitals scored on their first shot of the game as Brooks Laich picked off a pass in the Montreal zone and fed Wilson for a quick shot that found a way through Condon's legs.



Capitals goaltender Braden Holtby makes a save against Canadiens forward Max Pacioretty as John Carlson defends in Montreal on Thursday night. GRAHAM HUGHES/THE CANADIAN PRESS

THURSDAY In Montreal

3	2
CAPITALS	CANADIENS

and fell into the net.

The Canadiens got their sixth short-handed goal of the season 2:30 into the third when Paul

Byron won a battle for the puck along the boards and sent Flynn on a breakaway to deke Holtby and score.

But Oshie deflected a Karl Alzner shot in the slot and saw the puck go in off the post at 8:17 for the eventual winner.

The Canadiens next play at Carolina while Washington moves on to Winnipeg, both on Saturday. THE CANADIAN PRESS

+ IN OTTAWA

Hoffman helps Senators polish off Blackhawks in OT

Mike Hoffman scored his second goal of the game 30 seconds into overtime as the Ottawa Senators defeated the Chicago Blackhawks 4-3.

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CENTURY DOWNS
Racetrack · Casino

Pistorius guilty of murder after appeal

TRIAL

Athlete initially imprisoned on lesser charge of manslaughter

Oscar Pistorius was convicted of murder on Thursday by a South African appeals court that described the once-glittering story of the double-amputee Olympian

and Reeva Steenkamp, the girlfriend he killed in his home in 2013, as "a human tragedy of Shakespearean proportions."

The Supreme Court of Appeal overturned a lower court's conviction on the less serious charge of manslaughter, adding another twist to a case that riveted people around the world because of its gripping saga of a celebrity athlete's plunge from grace by his own hand.

"The accused ought to have

been found guilty of murder on the basis that he had fired the fatal shots with criminal intent," Justice Lorimer Eric Leach said in the courtroom in Blomfontein, as Steenkamp's mother, June, sat impassively. Pistorius was not there.

The murder conviction means Pistorius will almost certainly go back to jail, where he spent one year of a five-year prison sentence before being put under house arrest at his uncle's man-

sion in Pretoria in October. The minimum sentence for murder in South Africa is 15 years, but exceptional circumstances in the case of the former track star, including time already served, his disability and status as a first-time offender, could mean he'll get a lower sentence.

Sentencing is up to the North Gauteng High Court, where Pistorius was tried. South African media said Judge Thokozile Masipa, who presided over the



Oscar Pistorius
GETTY IMAGES



Reeva Steenkamp
GETTY IMAGES

The National Prosecuting Authority will wait for word from the trial court about possible sentencing dates, said Luvuyo Mfaku, a spokesman for the authority.

Pistorius, a multiple Paralympic champion, became the first amputee to run at the Olympics and the able-bodied world championships. He was known as "Blade Runner" for his carbon-fiber running blades. THE ASSOCIATED PRESS



Ross Atkins had a hand in drafting and developing the likes of Jason Kipnis and Danny Salazar in Cleveland.

MICHAEL CHRITTON/AKRON BEACON JOURNAL FILE

MLB

Jays hire Indians' Atkins as new GM

Just in time for Major League Baseball's annual winter meetings, Blue Jays president Mark Shapiro has hired his new general manager, poaching Ross Atkins from the Cleveland Indians.

The 42-year-old North Carolina native becomes the seventh GM in Jays history, replacing Alex Anthopoulos, who opted to walk away at the end of this past season rather than work with less autonomy under a new boss.

But that should pose no problem for Atkins, Cleveland's vice-president of player personnel, who has spent his entire professional career with the Indians, most of it working under Shapiro.

Atkins was actually drafted by the organization in 1995 as a pitcher out of Wake Forest University.

But after five middling seasons in Cleveland's minor-league system, he transitioned into player development.

Under the supervision of Shapiro, who was Cleveland's general manager from 2001 to 2010, Atkins climbed the organizational ranks to eventually become head of the farm system, which he ran from 2007 until last season, when he earned his promotion to vice-president.

Atkins, who also interviewed for the L.A. Angels and Philadelphia Phillies GM vacancies this year, is a first-time GM.

While the Indians lost more games than they won and made the playoffs just three times in the 15 years that Shapiro was president or GM, the organization is highly regarded for its development of homegrown players, for which Atkins would have played a key role.

The likes of Jason Kipnis, Danny Salazar and this year's runner-up for American League rookie of the year, Francisco Lindor, were all drafted and developed by the organization.

TORSTAR NEWS SERVICE

ON THE MOVE
The Blue Jays are in the market for a new backup catcher after free-agent Dione Navarro reportedly signed a one-year deal with the White Sox on Thursday.

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RECIPE Mini Lamb Burgers



PHOTO: MAMA VINSKY

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate making it to Friday with delicious burgers with big flavour.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients

- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano
- 1 tsp cumin
- Salt and pepper
- 1/2 English cucumber, seeded and finely chopped
- 1/2 cup Greek yogurt
- 2 tsp lemon juice
- 2 tsp fresh mint, finely chopped
- 1 clove of garlic, minced
- 8 to 10 mini pitas
- Lettuce leaves, washed and torn
- Tomatoes, sliced

Directions

1. In a large bowl, mix together lamb, onion, parsley and spices and combine well. Cover and place in the fridge.
2. In a medium sized bowl, mix cucumber, yogurt, lemon juice, mint, garlic and salt and pepper and stir.
3. Take meat out of the fridge and form 8 to 10 small patties. Place them on a clean plate. Heat your grill or pan to medium, medium-high heat and add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 F. Work in batches so you don't over crowd the pan.
4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of the tzatziki-ish sauce.

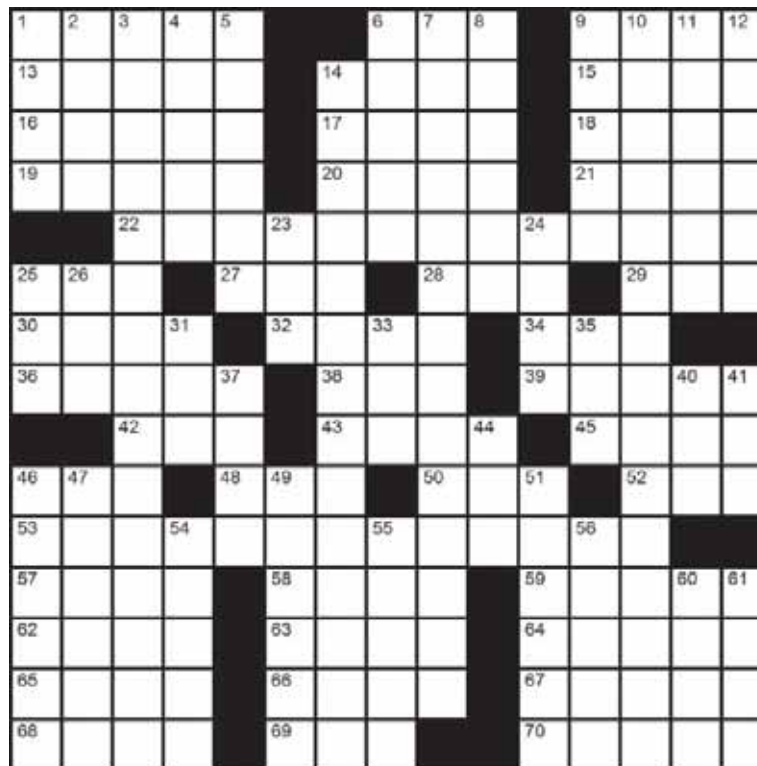
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Flapjacks flavouring's flavour
6. "I Am Legend" (2007) star ...his initials-sharers
9. Sniffy state
13. Another time
14. Nightclub in a Barry Manilow hit, briefly
15. "Be ___!" (Help out!)
16. Go-___ (Fun vehicles)
17. Throughout
18. Alphabet sequence
19. Prefix to 'doutist' (Braces giver)
20. Nasty
21. Nero's 651
22. Manager of the same-named band, as per #3-Down: 2 wds.
25. Numerical prefix
27. Moviedom's Melissa
28. Consume
29. '70s records
30. Actress Cheryl
32. Intermission, ___acte
34. Diminutive
36. Pre-university Quebec school
38. WWII soldiers
39. Ms. Spelling's
42. Farm animal
43. 'Opal' suffix
45. Ms. Campbell
46. Clod
48. Moulder
50. "Papa-___ Mow-Mow"
52. No. to call
53. Invading naval



fleet defeated by England in 1588: 2 wds.
57. Bloody prefix
58. Violinist, Hilary ___
59. Blown snow formation
62. Botanical leaf-to-stem angle

63. Fencer's need
64. One distributing things, say
65. Sound
66. On ___ with (Equal to)
67. Christmas poem bit: "...not ___ mouse."
68. "...so long ___

both shall live?"
69. Director Mr. Pollock, briefly
70. Not like The Fonz

DOWN

1. Shark variety
- Food thickener
- 1970s music-

themed sitcom, with The: 2 wds.
4. Willow
5. Spiritualize
6. Fabricated on a loom
7. Canada's legendary opinion-giving video booth: 2 wds.
8. Ontario city on Lake

Huron where #51-Down was born
9. ___ (The first letter of Calgary, compared to the first letter of Celine)
10. Holt Renfrew, for example: 2 wds.
11. Boxer's injury: 2 wds.
12. Liquids
14. Theme song for #3-Down: 4 wds.
23. Hive denizen
24. Food package abbr.: 2 wds.
25. "Say Yes to the Dress" network
26. 'After It All': Current album by folk rock group Delta ___
31. Lawn's morning blanket
33. Christmas-y contraction
35. Geological period
37. Prefix to 'scope'
40. 'Excess' suffix
41. ___ et poivre
44. Last day in December, e.g.
46. City on Lake Ontario east of Toronto
47. Highest points
49. Milo of "Romeo and Juliet" (1968), and surnamesakes
51. Dave ___ (Canadian-born actor who portrayed #22-Across)
54. ___ prosequi (Not proceeding, in law)
55. Onward
56. Took the car
60. Deflect/protect
61. Restaurant order holder

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may have suspicions about someone's motives but don't go public with them. Even if you're right it will look like you are being vindictive. Your reputation could suffer most.

Taurus April 21 - May 21
Be careful with cash because you could easily make a costly mistake. What seems like a good idea now may turn out to be anything but later on, so err on the side of caution.

Gemini May 22 - June 21
No matter how well intentioned your words may be others are sure to take them the wrong way, so be careful what you say. Tomorrow everything will be back to normal and everyone will be on your side again.

Cancer June 22 - July 23
You may struggle to stay on top of your workload but the deadlines you've set are unnecessary — no one will think less of you if you fail to meet them.

Leo July 24 - Aug. 23
Creatively and romantically there is potential but today's Mercury-Jupiter link could tempt you to go too far. Don't start anything you may not be able to finish and don't make promises you may not be able to keep.

Virgo Aug. 24 - Sept. 23
Disruption is inevitable today. Whatever happens, keep telling yourself that it's not as bad as it seems and keep your emotions in check. It's not worth getting worked up about.

Libra Sept. 24 - Oct. 23
Don't make hasty decisions, especially if you like to make social and travel plans on the spur of the moment. What seems like such a good idea now may seem very different by this time tomorrow.

Scorpio Oct. 24 - Nov. 22
You may feel out of your depth and you may be tempted to give up but if you do you will regret it in a matter of days. Hang in there.

Sagittarius Nov. 23 - Dec. 21
You may be rather emotional, even if you are the kind of Sagittarius who usually treats life as one big joke. Once in a while though it is good to let it all out, so make a noise if you have to. You will feel better for it.

Capricorn Dec. 22 - Jan. 20
You may not be the type to make changes once you've made up your mind about something but you may not have a choice today. You are not in control of events — events are in control of you.

Aquarius Jan. 21 - Feb. 19
Usually you don't care if others disapprove of what you're doing but if you're smart you'll make an effort to care. No matter how self-reliant — make an effort to work with others.

Pisces Feb. 20 - March 20
You may not be able to control what happens but you can control the way you react. The more others try to mess with you the more you must strive to stay serene.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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You may have suffered losses materially and health wise. However, God is calling you to embrace His open arm of love as you return to Him even as He promised, "For I will restore health to you, And heal you of your wounds." (Jeremiah 30:17a NLT).

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